

MMRF 5 K- Race for Research
Phalen Park, St Paul
MN 05043-22

Course: Start on the island N of the amphitheater, go N across a bridge then uphill and turn right (NE) on path back toward Lake Phalen. At the lake turn NW, taking the trail nearest the lake. Remain on the trail nearest the lake unless there are three, then take the center trail. Except: at the Beach House parking lot (about mile 2.5) take the trail farther from the lake until they merge again S of the Picnic Pavilion. Continue on the trail nearest the lake, through the tunnel to the finish.

Race Director: This course starts on a narrow old blacktop trail, then soon crosses a wooden footbridge. Some runners will have to start on the grass, but you may wish to use barriers to constrict the start to perhaps 10 runners wide, no more, so that the field will be narrow when it reaches the bridge. Cones and volunteers will be needed to keep runners on the correct trail.

Start: 42.5 m (136' 6") NW of footbridge nearest the amphitheater.

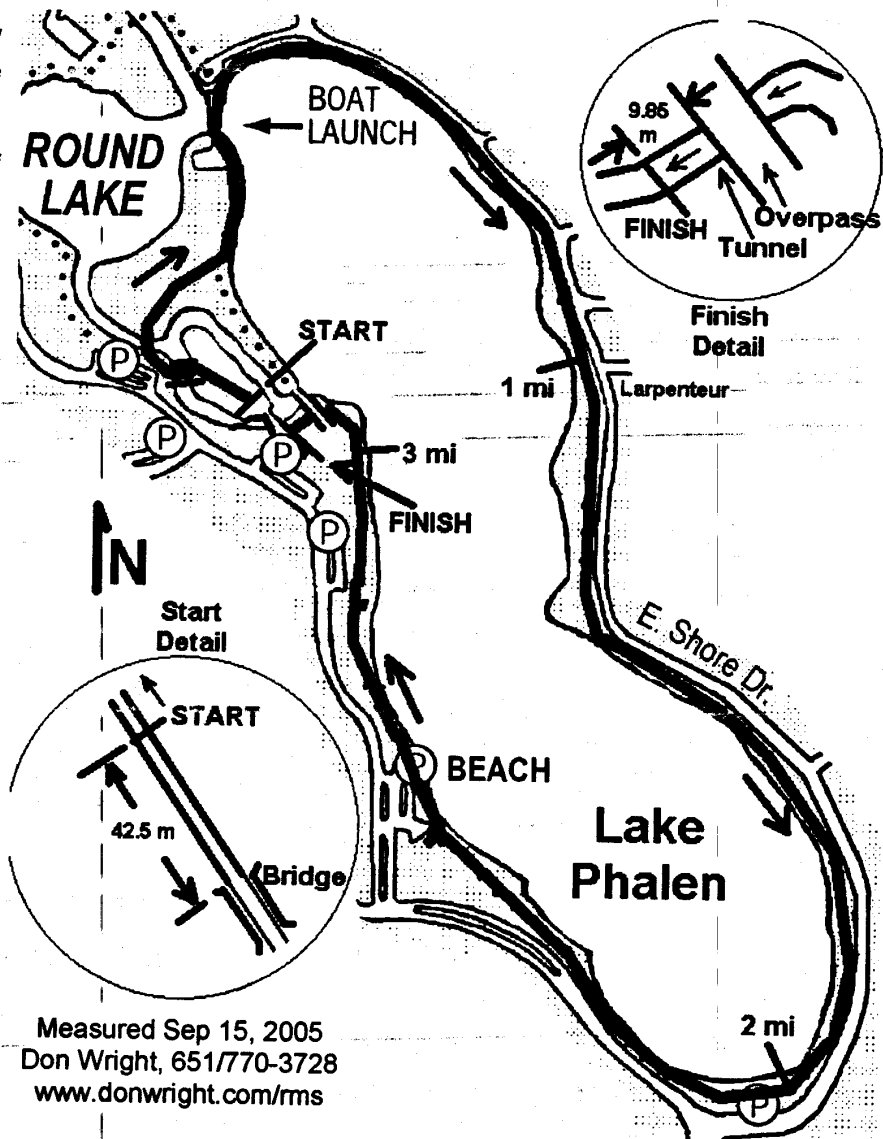
Mile 1: 6.7 m (21' 11") N of sightline along N curb of W Larpenteur Ave.

Mile 2: 11.2 m (36' 8") N of graphic sign: ← Bikes Peds → facing N near S end of parking area.

Mile 3: 3.7 m (12' 3") N of lamp post which is located at the junction of 5 trails, two coming down from the picnic area, one from the direction of the playground, and the race trail entering from the S and exiting N toward the tunnel.

Finish: 9.85 m (32' 4") W of W edge of tunnel under overpass.

Marks are 3" dots of yellow paint with a symbol (S, 1, 2, 3, F) to indicate which mark. Always on runner's right.



Measured Sep 15, 2005
Don Wright, 651/770-3728
www.donwright.com/rms