



2014 RUN COURSE
(updated April 23, 2014)

The run course is a 5k loop. Approximately half of the course is on the shoulder or sidewalk of an open road and half is on trails or paths that are within parks and closed to traffic. The course consists of a variety of running surfaces including compact dirt, pavement, asphalt, wood chips, and grass. All unpaved surfaces are established public trails. All paved areas are also publicly owned and maintained. The course starts and finishes in the Thurston County Fairgrounds.

Elevation Gain:	141 ft
Elevation Loss:	128 ft
Min Elevation:	169 ft
Max Elevation:	220 ft

