

Rally for the Refuge 5k and Armed Forces 5k
MN•07013•RR

Course: Start on Picnic Island Loop Road between the first and second driveways clockwise from the junction where the entry road joins the loop, run SE to that junction, right (S) on the entry road (also Picnic Island Road), straight across the main park road into a parking lot for the beach, on the right side of that parking lot, at the end, jog right and then left (SW) onto the paved trail going toward the lake. At the first opportunity turn left (SE) on another paved trail, take it across the main road and along the river to junction with a gravel service road. Take that service road right (N), then across the main road again, jogging to the left and then right onto the gravel road that circles the lake. Take that road NW and then NNE around the lake, turning right on the blacktop trail. At the beach area turn left on the first trail that goes east, follow that around to the right and turn left on the trail that you initially took into this area, then retrace your steps to finish where the race started.

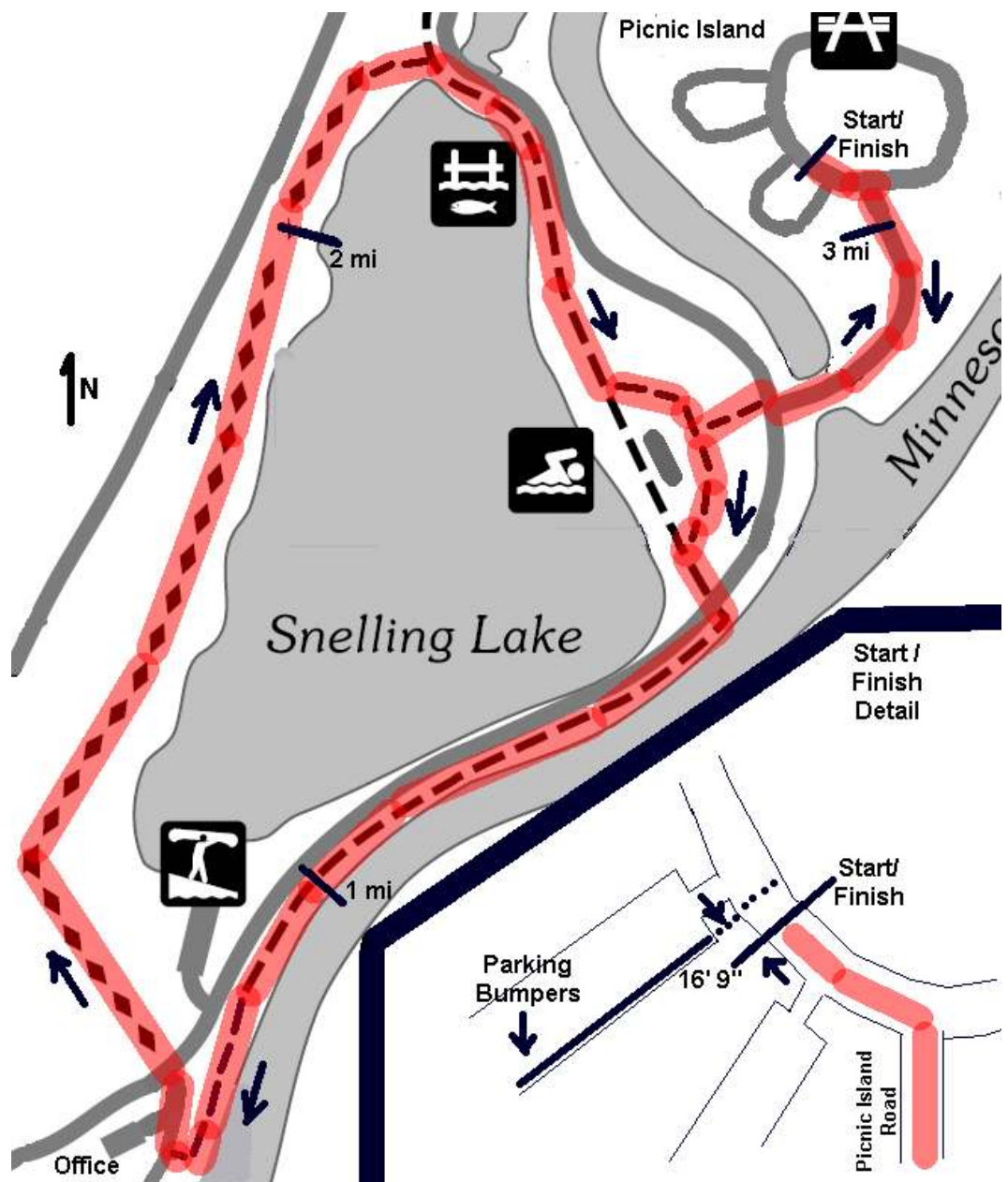
Start/Finish: SW side of Picnic Island Loop Road, 16 ft 9 " (5.11 m) SE of a line projected from the parking bumpers on the SE side of the second parking area clockwise from the entry road. Marked with 3 inch blue dot, no other characters.

Mile 1: SE side of paved trail along the Minnesota River between the first and second high-tension power line towers, as a runner travels, 115 ft (35 m) from the second tower. Marked w 3 inch blue dot, no numeral.

Mile 2: 85 ft (26 m) S of culvert running under the gravel road. This culvert is galvanized steel above the road, partially visible, and black plastic below the road. It is 1160 feet (354 m, .22 mi) S of the trail to which it connects on the north, and is the second culvert you would see if you come from the north. Marked on the gravel with a huge blue dot which will disappear soon due to traffic and weather.

Mile 3: W side of Picnic Island entry road 218 ft (66.5 m) N of sign "180 Picnic Isl Rd." Marked w 3 inch blue dot, no numeral.

Race Director: No cones are needed for maintaining the distance of this course. If you can't correctly locate a split, it's better not to have a sign at all than to put it in the wrong place, because runners use the signs to gauge their pace.



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