



The 8k course is very similar to the 5k course. It follows the same route as the 5k course until you exit the woods loop at around 2.75 miles. Whereas the 5k continues straight across Roosevelt Ave and onto the long, grass finish, the 8k makes a left out of the woods onto a crushed stone path. This path parallels the start of the race, except at the start you run along the road/parking lot towards gravel hill, and the second time around you run along the path. That path leads the gravel hill for another loop around the pool and up Ferndell Hill.

After you crest Ferndell, you continue just like you do the first pass until you reach the entrance to woods loop. The second time through, you do not enter the woods. Instead, you continue straight on the grass along the wood line until you reach the woods loop exit, where you make a right on cross Roosevelt Ave and run the long grass field towards the finish.

Note that as you make that right turn, you may encounter a 5k runner exiting the woods. Runners should easily merge as they cross the road towards the finishing grass field.