

BOUNDARY WATERS 5K FOR LION INVITATIONAL AND REGION CHAMPIONSHIPS 6-AA & 6-AAAA



Coaches and Athletes:

Welcome to a great 5K course!

There is about a 500-meter run in and run out to the big loop of the park's Yellow Trail. Runners take a right and head up an incline on a smooth, wide field. After the U-turn at the fence at Leann Drive, they head into the woods. The next ½ mile is fairly technical, but with room to pass. After that, the trail is mostly smooth and pretty wide open.

As you can see, athletes will run parallel paths at approximately the 1 ½ mile 2 ½ mile section. At the creek crossing, there is only one path. This area is marked and controlled with a flagging gate. Be advised, if slower runners have fallen a whole mile behind at this point, the lead runners will **ALWAYS** have right-of-way, even if it means the slower runner must stop. For the invitational, be sure to enter runners appropriately based on times.

Spectators: There is plenty of room for viewing at the start/finish area. If you prefer to see your runners in action, you can follow the trail into the “viewing” area. Once there, with minimal movement, you can see the runners at approximately 500 meters from the beginning and end as well as the 1 ½ and 2 ½ mile points.

Previous course(s): Please note these adjustments from previous years: The start-finish area is in the open fields closer to the aquatic center. There are some rough areas around mile 1, but we have cut out the dangerously rough and muddy areas from the previous 2nd mile. This adjustment does create two slight issues. Runners will have to run across (but not along) the concrete footpath. This occurs at about ¼ mile from the start and finish. There is also the single path at the creek crossing as described above.