

5k Trail Blazer: Gorman's Gulch Challenge

Follow the **YELLOW ARROWS** throughout the course

1. **Start & School Grounds:** At the **LEFT side of Founders Memorial** & enter playground.
2. Loop **AROUND the play structure**. Head **toward the gate** at the far side of the school.
3. Exit the side parking area and **CROSS Founders Road**
4. Run on **the bike path**, heading toward the main road (Sand Hill Road)..
5. Turn **RIGHT** into the **far entrance of the Bus area** (Addi LOVED to look at the buses!)
6. Exit the bus area, turning **LEFT** onto the bike path & **into the woods** via the Prairie Fields Access Road.
7. **To the Fields & The Split:** Follow the path down to the **soccer/lacrosse fields**.
8. Go **STRAIGHT** at the dirt road intersection, continuing down hill.
9. Turn **LEFT** at the bottom of the hill. This section runs along the outskirts of the lacrosse/soccer fields and is marked with **white paint**.
10. The **1 Mile mark** is near the **1st Water Station**.
11. **Pass the soccer fields and continue downhill toward the woods. IMPORTANT SPLIT: You will split from participants skipping the Gulch. FOLLOW THE SIGNS FOR THE WOODED TRAIL!**
12. **Gorman's Gulch Challenge:** Continue downhill on the path leading through the woods.
13. Stay on the trail past the Frisbee tee marked "**6**" and then turn **RIGHT**, into the deeper woods where indicated. **THIS BEGINS THE STEEP DECLINE**
14. **CAUTION: Beware of roots and the narrow path.** Yellow rope indicates where we recommend caution. Roots are marked with yellow paint. Please use sound judgement regarding your speed. **Cross the brook and begin a steep incline** (approximately 400 meters, rising about 130ft in terrain) known as 'RELENTLESS' hill
15. Follow the path, passing more Frisbee golf tees and goals. Trees are marked with **white arrows**.
16. **Recovery & Toward Lap 2:** Once out of the woods, you will find some recovery with a **flat section**. Wind past the **baseball diamond** and onto the **cinder track**.
17. The **2nd Water Station** is located here. Head down the **back stretch of the cinder track, around the turn, & through the straightaway until you reach the gate** to Foster Road.
18. Follow the **dirt section of Foster Road**, past the baseball and softball fields heading back towards EMS. ,
19. **Cross Foster Road** onto the field, follow the **white painted line behind the school**.
20. Continue to the **opposite side of the building**
21. Turn **LEFT** towards the parking area on the asphalt roadway.
22. Take a **HARD RIGHT at the port-o-lets** and head **back into the woods**. You will reach the intersection of the dirt road you have already used, heading downhill again. **This begins lap 2 of the fields. DON'T WORRY! You are not heading back to Gorman's Gulch!!** Continue on the same path you ran earlier until you reach the marker, **before the woods**. This time, make a **RIGHT** turn past the goal and head back up the hill toward the lacrosse/soccer fields. This path will remain to the **left side of the fields**. Continue toward the **solar array** - passing them on the sandy uphill, keeping the solar panels to your **left side**. A short trail through the wooded area leads to the **backside of EMS**
23. Bear **LEFT** toward Foster Road. A White rope marks the path. Run **between the rope & Foster Road**. Turn **RIGHT** onto the asphalt.
24. Turn **RIGHT** for a straight shot to **FINISH! YOU'RE DONE!** Dance, take photos, grab some refreshments, finish up your passport. Don't miss the 11:45 award ceremony and group photo.

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