



Subject to change. 12/18/2020

COURSE MAP Mind Body Soul 5K

Picnic Island in Riverbend Park, Jupiter, FL

The Start & Finish are the same point.

The Start/Finish Mark is 130 paces (325 feet) North of the Back Flow Valve in front of the River Pavilion or 11 fence posts from the end (north).

● Start (heading north) on Picnic Island Loop Road, approximately .1 mile north of pavilion.

Cross the bridge **A** by Chillingworth Cabin and take left onto Riverbend Trail.

Follow the Riverbend Trail past the wooden bridge to the concrete bridge, left over the bridge

At the fork **B**, take a right and stay on Riverbend Trail

At the intersection **C** onto Reese Trail, make a left

Stay on Reese Trail until the intersection **D** of Reese Trail, Farmstead Loop Trail and Military Loop Trail. (Note this is the NORTH side of the Military Loop trail, the turn is by an Information Tiki) Make a left on to Military Loop Trail.

Stay left at the first turn **E**.

Make the next right onto Big Grove Trail **F**. Make the next right **G** on a short unnamed section to River Walk Trail. Make a left onto River Walk Trail **H**. Stay right at **i** the triangle until Riverbend Trail.

Make a right onto Riverbend Trail **J** and backtrack to the finish line on Picnic Island. ●

Measured By: Scott Richards 12/16/2020, PalmBeachRunningCompany@gmail.com

A course map can be found at: <https://onthegomap.com/s/2d1ml78h>

This course was measured using the full width of the road and the Shortest Possible Route (SPR)

Note: Sometimes Google maps and the park call a path different names. Our references are to the parks names.

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