

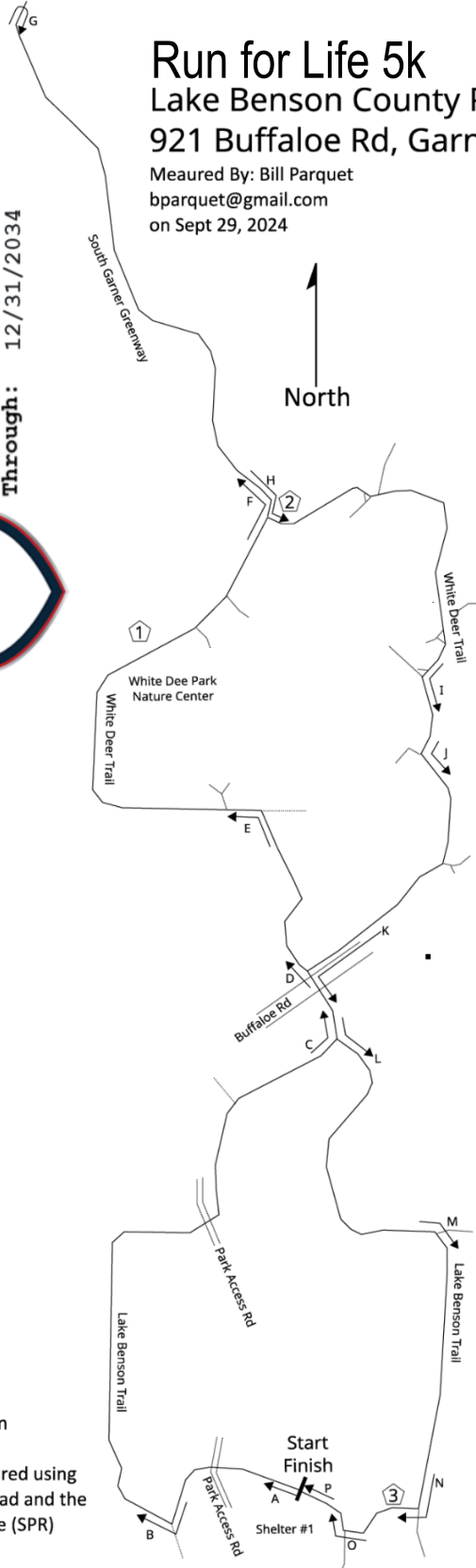


Run for Life 5k

Lake Benson County Park

921 Buffalo Rd, Garner NC 27529

Measured By: Bill Parquet
bparquet@gmail.com
on Sept 29, 2024

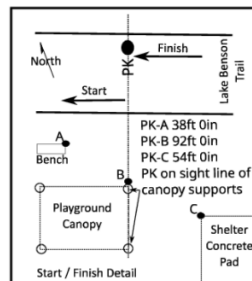
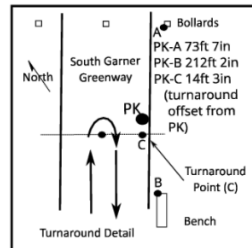


5K Course:

- A 0.0 START on Trail @ Shelter #1
- B 0.12 RIGHT on Lake Benson Trail
- C 0.57 LEFT on Lake Benson Trail
- D 0.64 STRAIGHT on White Deer Trail
- E 0.75 LEFT on White Deer Trail
- F 1.13 LEFT on South Garner Greenway
- G 1.57 UTURN on South Garner Greenway
- H 2.00 LEFT on White Deer Trail
- I 2.26 LEFT on White Deer Trail
- J 2.33 LEFT on White Deer Trail
- K 2.53 LEFT on Lake Benson Trail
- L 2.58 LEFT on Lake Benson Trail
- M 2.80 RIGHT on Lake Benson Trail
- N 3.00 RIGHT on Lake Benson Trail
- O 3.06 RIGHT on Lake Benson Trail
- P 3.10 FINISH on Trail @ Shelter #1

Miles ①

- 1: Near White Deer Park Nature Center
35.67936N 78.62887W
- 2: Intersection of South Garner Greenway/
White Deer Trail
35.68072N 78.62738W
- 3: Turn on Lake Benson Trail Near Gazebo
35.67070N 78.62551W



Note:
Map not to scale
Not all roads are shown

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