



Water stop at environmental center.

WF 5K RUN Start and Finish are at the front main entrance of the middle school. **Start in the front of MMS, circle through 3rd row parking area to sidewalk that goes along the front of the school. Turn right and follow sidewalk to the back of the school. Go around the back of MMS then circle through 2nd row parking area. Follow sidewalk again across front of MMS, then cross over to path that leads behind UA. Follow arrows up hill to XC flag and turn left running on top of crest of hill above track then follow arrows down to the track to the path that leads down to York St. (Exit road of Shep.) Turn right at the stop sign & follow the path that leads to the environmental enter (EC) Cross EC road (*1 mile) & continue to run straight across the field parallel to York street to the XC flag where you will turn right just past the garden. Continue straight up path into EC wooded area. Follow path STRAIGHT out of wooded area, continue through EC parking lot. 🚰 (*walkers will turn left here and head back behind MMS to their finish.) Run toward cones, then run up short hill between cones & go right at fence. Continue to follow along the fence around soccer/field hockey field until you reach the track. Continue on the track running counter clockwise until you reach shed. Turn left at dirt path. Follow dirt path to sidewalk that leads across the front of MMS. (Opposite direction from start.) Pass through the 1st row parking area then head back around the school. (*2 miles) Follow around back of middle school then turn right and head down service road, then down environmental center road toward York Street. Turn right and run straight across the field parallel to York St. to the XC flag where you will turn right just past the garden. Continue straight up path into EC wooded area. Follow path STRAIGHT out of wooded area, continue through EC parking lot. 🚰 Make a left to head back the service road, behind the middle school. (3 miles as you come to yellow gate.) Continue around road then turn to go to the front of the school to the finish!**