



Wheaton RfR

ROUTE INFORMATION



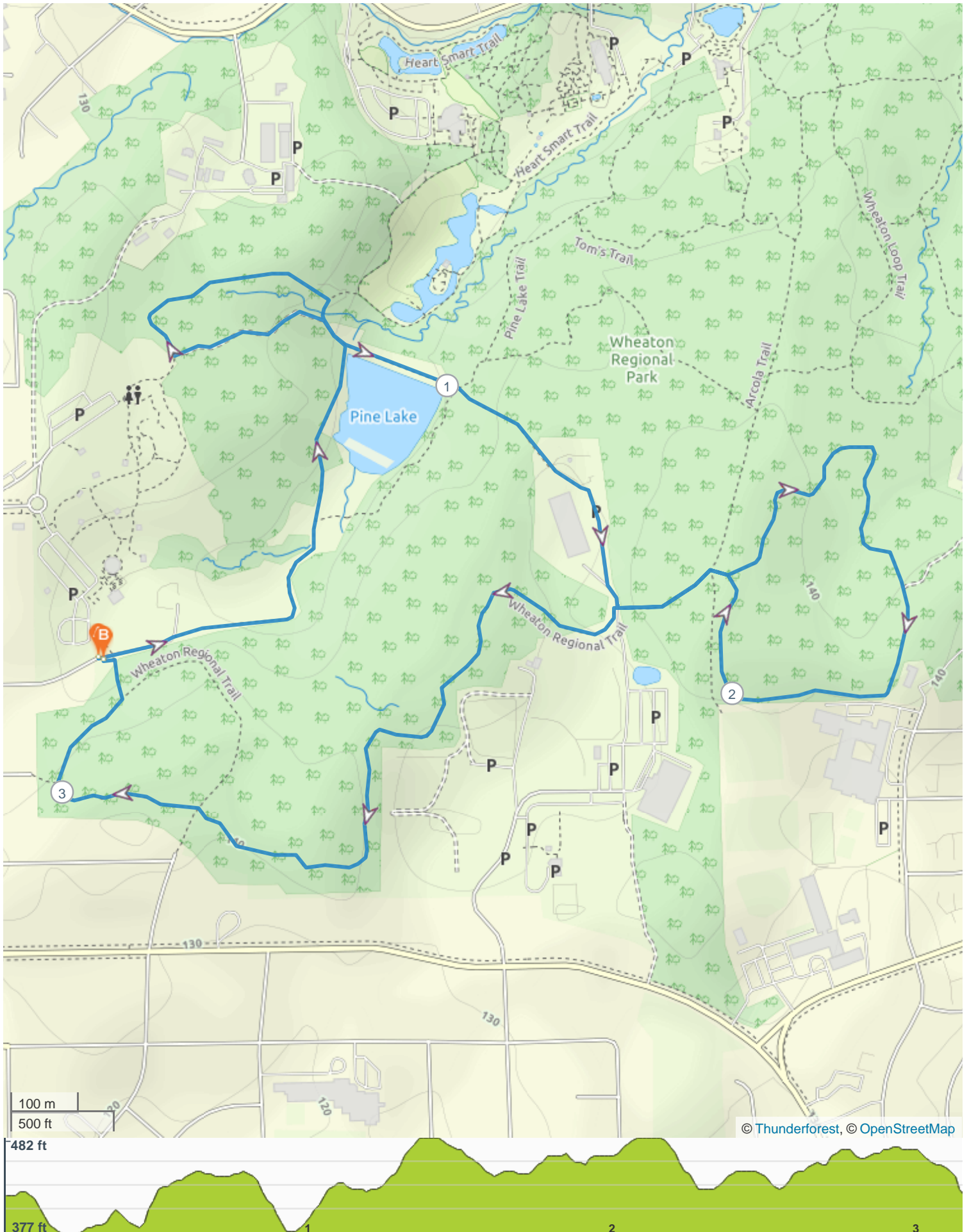
ROUTE LENGTH	3.152 miles
ASCENT	298 ft
DESCENT	295 ft
HILLS	↑ 48.2% ↓ 41.1% → 10.7%
TERRAIN	Mixed
START	LAT: 39.051091, LNG: -77.043417



NOTES

The course begins on the Wheaton Regional Trail near the Carousel where the trail meets Henderson Avenue. Runners follow the trail to Pine Lake, running along the west side of the lake and make a 1/2 mile loop at the NW corner of Pine Lake and then continue along the north side of the lake, passing the dog park and the Arcola Trail and then running the eastern loop of the Wheaton Regional Trail in a counter clockwise direction. Runners exit that loop, crossing back over the Arcola Trail, following the Wheaton Regional Trail around the ball fields to the loop on the southwestern side of the trail, running clockwise halfway around that loop to the connector trail back to the Henderson Ave/Carousel area. Runners finish in the grass beside the trail.

Wheaton RfR



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.072		Keep right
2	0.447	←	Turn left
3	0.852	→	Turn right
4	1.012		Keep right
5	1.278	←	Turn left onto Wheaton Regional Trail
6	1.373	→	Turn right onto Wheaton Regional Trail
7	1.390	←	Turn left onto Wheaton Regional Trail
8	2.130	←	Turn left onto Wheaton Regional Trail
9	2.225	→	Turn right onto Orebaugh Avenue
10	2.230	→	Turn right onto Wheaton Regional Trail
11	2.867	↖	Turn slight left onto Wheaton Regional Trail
12	3.008	↗	Turn slight right onto Wheaton Regional Trail
13	3.107	←	Turn left onto Wheaton Regional Trail
14	3.152		