



## NARROWLEAF LAKE RUN

4, 7 & 10 MILE

### NARROWLEAF LAKE RUN 4 | 7 | 10 Mile

#### TURN BY TURN DIRECTIONS

- Runs start at the swim beach area as marked
- Head SOUTH on the pedestrian foot path trail
  - Begin following ALL directional signs and volunteers
- 4 MILE RUN ends BACK at the start area after ONE south end loop only
- 7 & 10 MILE RUNS continue north on the foot path PAST the 4 mile "run finish" arrow sign
- 7 MILE RUN U-turns just past the 3rd aid station
- 10 MILE RUN continues to the VERY north end of the park foot path for a U-turn
- 7 & 10 MILE RUNS finish BACK at the start area after completing their north loops
- All run courses will be CLEARLY marked with signs and BRIGHT sidewalk arrow tape

= Run Turns & Turn Arouns  
AID Stations Approximately Every 1-1.5 miles



**Start Elevation: 5000ft**  
**Finish Elevation: 5000ft**  
**4Mile Gain: 32ft | 7Mile Gain: 56ft**  
**10Mile Gain: 101ft**