



THE 20KM LOOP

- Begin at Lions Club Pool.
- Run along Spring Valley Trail for 1.4km (.87mi). Turn Right up Lookout Trail.
- Make an uphill up Clearwater Trail.
- Turn right onto Headwaters Trail.
- Turn right onto Sulphur Springs Rd. Run facing traffic.

TURN TO SIDE #2

RETURNING FROM SIDE #2

- Follow Sulphur Springs Road to left onto Headwaters Trail (400m/.25mi).
- Follow Headwaters Trail to right and uphill onto Reforestration Trail.
- At top, follow left on Reforestration Trail 500m (.3mi) around to right turn spur to Martin Road.
- Follow Martin Road left (south) 500m (.3mi) to right onto Headwaters Trail. This trail is 6.2km (3.9mi) long. During run, bear right on first "Y", right at second "Y".
- Turn right onto Martin Road, then left onto Hilltop Trail.

