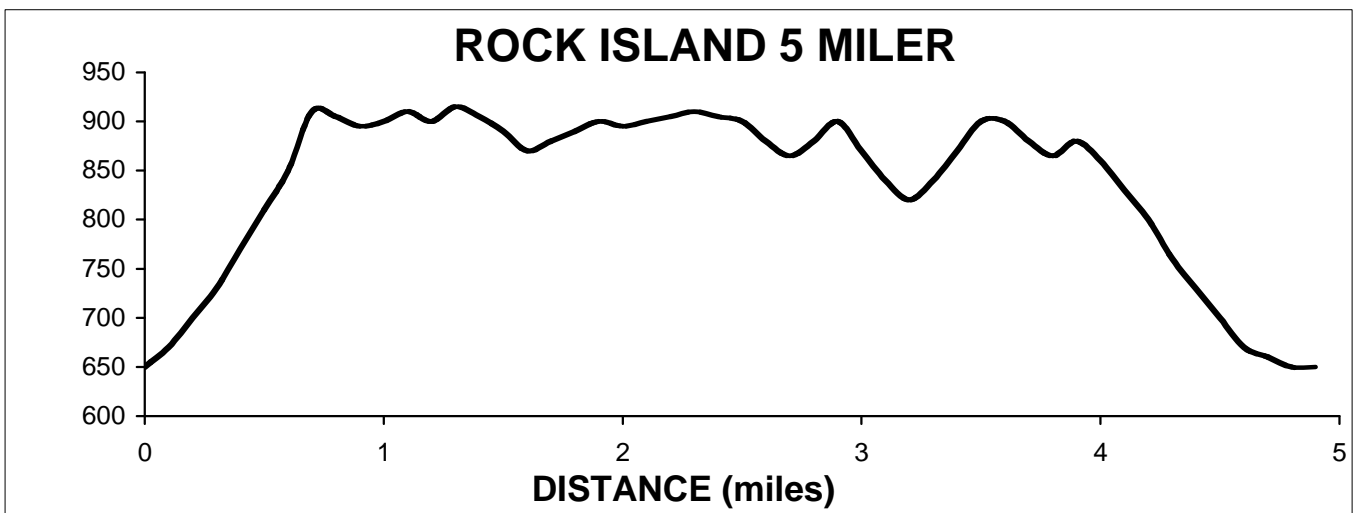


Old 5K course: Start at the main campground. Out and back to the second campground. Out and back to the second beach parking area. Out and back to the Blue Hole picnic area. Finish at the tennis court parking area. Most likely the hilliest of all courses per mile on the Running Tour.



Course Description

New 5 Miles course: Starts by running up the sandbar hill, then to and through the RV camping area, to the cabin area and back, then 1.7 miles of trail (off the tennis court parking lot area), then to the Blue hole parking lot and back, finish downhill back to the sandbar parking lot.

Course History

Conceived and planned by Blaine Wilcher, McMinnville. Originally a one-loop course that involved a half mile on trail. Course was modified by Park manager David England to consist of three out and back sections. Inaugural race was October 10, 2009. The course was changes again in 2010 to a 5 miles course with a downhill finish.

Course Records

2009 Scott Fanning, Lebanon 18 11

Anna Bell, Camden 25 36