## <u>Lap 1</u>

From MetroEast Park & Rec Complex

- 0.0 L West on Schoolhouse Trail
- 3.5 X Hwy 111 (crosswalk button)
- 3.9 R Exit to Lake Road
- 3.9 X Horseshoe Lake Rd
- 4.5 X Hwy 162
- 4.7 X RxR Tracks
- 4.7 R Nature Trail
- 6.3 R Nickel Plate Spur (after wood bridge)
- 6.4 L Nickel Plate Trail to its end.
- 13.8 L Goshen Trail
- 14.0 L @ ramp to Nature Trail
- 14.1 R Nature Trail
- 14.7 X Esic Dr
- 16.1 X Unnamed Rd to SIUE
- 17.0 X Hwy 157 (Divided Hwy)
- 18.5 BR on path (alongside Chain of Rocks Rd)
- 18.6 S on sidewalk (@ Nature Trail goes left across Chain of Rocks Rd)
- 18.7 R Sand Rd
- 20.3 L At bend in Sand Rd
- 20.9 L Street Car Rd
- 21.3 R Wanda Rd
- 22.1 X New Poag Rd
- 24.2 X Old Edwardsville Rd
- 24.3 R Watershed Trail
- 24.4 Regroup at Trail Sign (port-a-potty) Continue East on Watershed Trail
- 28.0 BR Goshen Trail (@ Edwardsville spur)
- 30.4 BL Goshen Trail (@ Nickel Plate Trail)
- 34.8 X Hwy 162 bridge
- 35.0 BR Schoolhouse Trail (@ Goshen Trl goes S)
- 36.3 X Drost Park on right (Rest Rooms & water)
- 40.5 X Hwy 157 (crosswalk button)
- 40.6 L to Culver's (Rest Stop snack or lunch) (or S to MetroEast Park and Rec. Complex)
- 40.9 L MetroEast Park and Rec Complex

Lap 1 = 40.9 Miles

Total = 81.8 Miles

June 26, 2014 - 8:00 AM Start Time

## <u>Lap 2</u>

## From MetroEast Park & Rec Complex

- 40.9 L West on Schoolhouse Trail
- 44.4 X Hwy 111 (crosswalk button)
- 44.8 R Exit to Lake Rd
- 44.8 X Horseshoe Lake Rd
- 45.4 X Hwy 162
- 45.6 X RxR Tracks
- 45.6 R Nature Trail
- 47.2 R Nickel Plate Spur (after wood bridge)
- 47.3 L Nickle Plate Trail to its end
- 54.7 L Goshen Trail
- 54.9 L @ ramp to Nature Trail
- 55.0 R Nature Trail
- 55.6 X Esic Dr
- 57.0 X Unnamed Rd to SIUE
- 57.9 X Hwy 157 (Divided Hwy)
- 59.4 BR on path (alongside Chain of Rocks Rd)
- 59.5 S on sidewalk (@ Nature Trail goes left across Chain of Rocks Rd)
- 59.6 R Sand Rd.
- 61.2 L At bend in Sand Rd
- 61.8 L Street Car Rd
- 62.2 R Wanda Rd
- 63.0 X New Poag Rd
- 65.1 X Old Edwardsville Rd
- 65.2 R Watershed Trail
- 65.3 Regroup at Trail Sign (port-a-potty) Continue East on Watershed Trail
- 68.9 BR Goshen Trail (@ Edwardsville spur)
- 71.3 BL Goshen Trail (@ Nickel Plate Trail)
- 75.7 X Hwy 162 bridge
- 75.9 BR Schoolhouse Trail (@ Goshen Trl goes S)
- 77.2 X Drost Park on right (Rest Rooms & water)
  - 81.4 X Hwy 157 (crosswalk button)
  - 81.8 L MetroEast Park and Rec. Complex

## Lap 2 = 40.9 Miles