

# 2009 CC 4<sup>th</sup> 4 mile

Saint Paul, MN

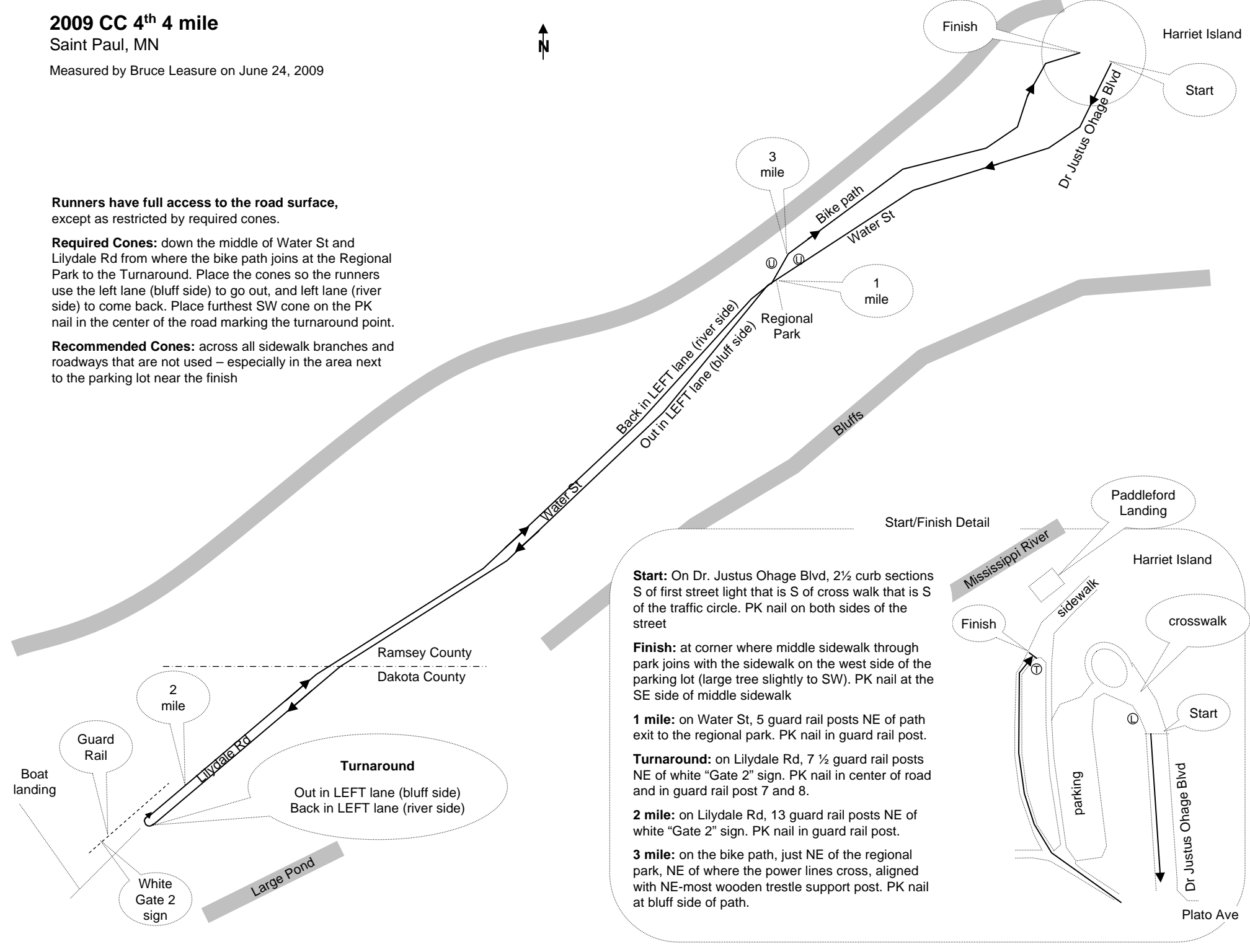
Measured by Bruce Leasure on June 24, 2009



**Runners have full access to the road surface,** except as restricted by required cones.

**Required Cones:** down the middle of Water St and Lilydale Rd from where the bike path joins at the Regional Park to the Turnaround. Place the cones so the runners use the left lane (bluff side) to go out, and left lane (river side) to come back. Place furthest SW cone on the PK nail in the center of the road marking the turnaround point.

**Recommended Cones:** across all sidewalk branches and roadways that are not used – especially in the area next to the parking lot near the finish



Finish

Harriet Island

Start

Dr Justus Ohage Blvd

3 mile

Bike path

Water St

1 mile

Regional Park

Back in LEFT lane (river side)

Out in LEFT lane (bluff side)

Bluffs

Water St

Start/Finish Detail

Paddleford Landing

Harriet Island

Mississippi River

sidewalk

crosswalk

Finish

Start

Dr Justus Ohage Blvd

parking

Plato Ave

Ramsey County  
Dakota County

2 mile

Guard Rail

Boat landing

White Gate 2 sign

Large Pond

Turnaround

Out in LEFT lane (bluff side)  
Back in LEFT lane (river side)

**Start:** On Dr. Justus Ohage Blvd, 2½ curb sections S of first street light that is S of cross walk that is S of the traffic circle. PK nail on both sides of the street

**Finish:** at corner where middle sidewalk through park joins with the sidewalk on the west side of the parking lot (large tree slightly to SW). PK nail at the SE side of middle sidewalk

**1 mile:** on Water St, 5 guard rail posts NE of path exit to the regional park. PK nail in guard rail post.

**Turnaround:** on Lilydale Rd, 7 ½ guard rail posts NE of white "Gate 2" sign. PK nail in center of road and in guard rail post 7 and 8.

**2 mile:** on Lilydale Rd, 13 guard rail posts NE of white "Gate 2" sign. PK nail in guard rail post.

**3 mile:** on the bike path, just NE of the regional park, NE of where the power lines cross, aligned with NE-most wooden trestle support post. PK nail at bluff side of path.