

PULSE V.I.Ru.S. – Road

May 30th

All Greenbelt runs will be run from the Mile Markers on the Greenbelt. (Big round circles on the ground with distance and quadrants marked)

5k Written Direction

Park near the Bardenay in Eagle, you will access the Greenbelt between the Bardenay and Hilton Garden inn. Locate the greenbelt Mile Marker NW 10.2 (close to the Eagle Rd bridge), this will be your starting point run East (toward Boise) to Mile Marker NW 8.5 this will be your turn around, run back to Mile Marker 10.2 where you started!

10 Mile Written Directions

Park near the Bardenay in Eagle, you will access the Greenbelt between the Bardenay and Hilton Garden Inn. Locate the greenbelt Mile Marker NW 10.2 (close to the Eagle Rd bridge), Run East from Mile Marker NW 10.2 to Mile Marker NW 5.2 and turn back to where you started finishing at 10.2.