

PULSE V.I.Ru.S. – Road

June 6th

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

5 Mile

Park at the greenbelt Glenwood Parking/Marigold lot. You will locate Mile Marker SW 5.4 head East to Mile Marker NW 2.8 this will put you near the Veterans Memorial Parkway bridge where you will turn and head back to where you started

15 Mile

Park at the greenbelt Glenwood Parking/Marigold lot. You will locate Mile Marker SW 5.4 head to East to Mile Marker NW 2.1 (you will run past Mile Marker 0.0 keep going to NE 2.1) this will put you near Warm Springs Park where you will turn around and run back to where you started