

# PULSE V.I.Ru.S. – Road

**June 13<sup>th</sup>**

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

## **8 Mile**

Park at Esther Simplot Park/Quinns Pond – near Idaho River Sports. You will begin at Mile Marker NW 1.5 head East to Mile Marker NE 2.5 along the Warm Springs Golf Course where you will turn around and head back to where you started

## **18 Mile**

Park at Esther Simplot Park/Quinns Pond -near Idaho River Sports. You will begin at Mile Marker NW 1.5 head East to Mile Marker NE 7.5 near Barber Park to turn around a go back to where you started