

PULSE V.I.Ru.S. – Trail

June 6th

5 Mile Written Course Directions

- Start at Upper Dry Creek Parking lot**
- Take Sweet Connie Connect to Dry Creek**
- Left on Dry Creek**
- Stay on Dry Creek to Shingle Creek junction**
- Stay straight on Dry Creek at Dry Creek/Shingle Creek Junction**
- Run .3 miles past bridge to turning point (I will mark on Thursday)**
- Turn around and run back to start**

PULSE V.I.Ru.S. – Trail

June 6th

15 Mile Written Course Directions

- Start at Upper Dry Creek Parking lot**
- Take Sweet Connie Connect to Dry Creek**
- Left on Dry Creek**
- Stay left on Dry Creek through Shingle Creek junction**
- Cross Forest Service Rd staying on Dry Creek**
- At top of Dry Creek at Dry Creek/Shingle Creek Junction take a left to Ridge Rd**
- Turn around at Ridge Road and take it back to Dry Creek/Shingle Creek junction**
- Take a left on Shingle Creek**
- Stay on Shingle Creek back to Shingle Creek/Dry Creek junction**
- Turn left on Dry Creek**
- Stay on Dry Creek back to where you started**