

# **PULSE V.I.Ru.S. – Trail**

**May 30<sup>th</sup>**

## **5K Written Course Directions**

- Start at bathroom at new Dog Park by Fort Boise**
- Run on dirt road that parallels pavement road**
- Connect with pavement and take around corner to Toll Road**
- Turn right on Toll Road**
- Turn left on Ridge Crest, take to top where it connects with Central Ridge (take pic)**
- Turn around and run back to start**

# **PULSE V.I.Ru.S. – Trail**

**May 30<sup>th</sup>**

## **10 Mile Written Course Directions**

- Start at bathroom at new Dog Park by Fort Boise**
- Run on dirt road that parallels pavement road**
- Connect with pavement and take around corner to Toll Road**
- Turn right on Toll Road**
- Turn left on Ridge Crest, take to top where it connects with Central Ridge**
- Turn left on Central Ridge**
- Turn Right on Ridge Crest**
- Stay left on Ridge Crest and continue past Bucktail staying on Ridge Crest**
- Stay right on Ridge Crest at Central Ridge Trail Spur staying on Ridge Crest**
- At bottom of hill take a left staying on Ridge Crest Trail to Mountain Cove Rd**
- Left on Mountain Cove Trail**
- Right on Military Connection**
- Right on Crestline Trail to bridge at bottom of 8<sup>th</sup> Street to motorcycle parking**
- Left on Lower Hulls Gulch to Interpretive Center parking lot**
- Stay left in parking lot, left on Kestrel to top of hill**
- Right on Crestline**
- Left on Military Connector to Mountain Cove Trail**
- Cross Mountain Cove road**
- Right on Mountain Cove Trail to Toll Road junction**
- Right to Mountain Cove Road**
- Left around corner back to start at bathroom by new dog park (Picture!)**

