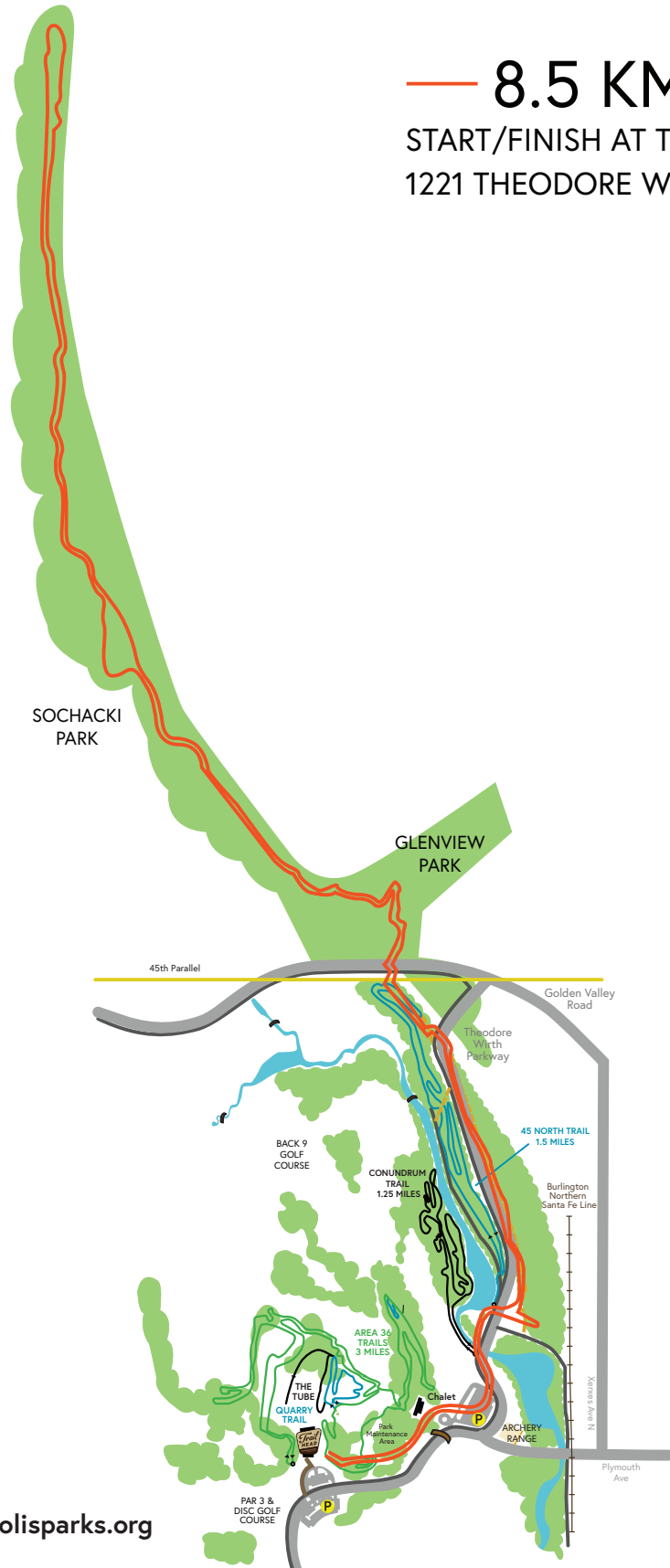


PERFORMANCE RUNNING GYM

8.5 KM ROUTE THEODORE WIRTH PARK



8.5 KM LOOP
 START/FINISH AT THE TRAILHEAD
 1221 THEODORE WIRTH PKWY



Mountain Bike/ Multi-use Trails

- Beginner
- Intermediate
- Advanced

Other Trails

- Paved Trails
- Wider Natural Surface Trails (no biking)
- - - Narrower Natural Surface Trails (no biking)

Key

- Roads
- + + + Railroad tracks
- Picnic Area
- Portapotty
- Parking
- Start of Mountain Bike Trail

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GPX FILES

PERFORMANCE RUNNING GYM

5.5K ROUTE THEODORE WIRTH PARK



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GPX FILES



Mountain Bike/ Multi-use Trails

- Beginner
- Intermediate
- Advanced

Other Trails

- Paved Trails
- - - Wider Natural Surface Trails (no biking)
- - - Narrower Natural Surface Trails (no biking)

Key

- Roads
- - - Railroad tracks
- Picnic Area
- Portapotty
- Parking
- Start of Mountain Bike Trail

— 5.5 KM LOOP

START/FINISH AT WIRTH BEACH
3200 GLENWOOD AVE N

PERFORMANCE RUNNING GYM

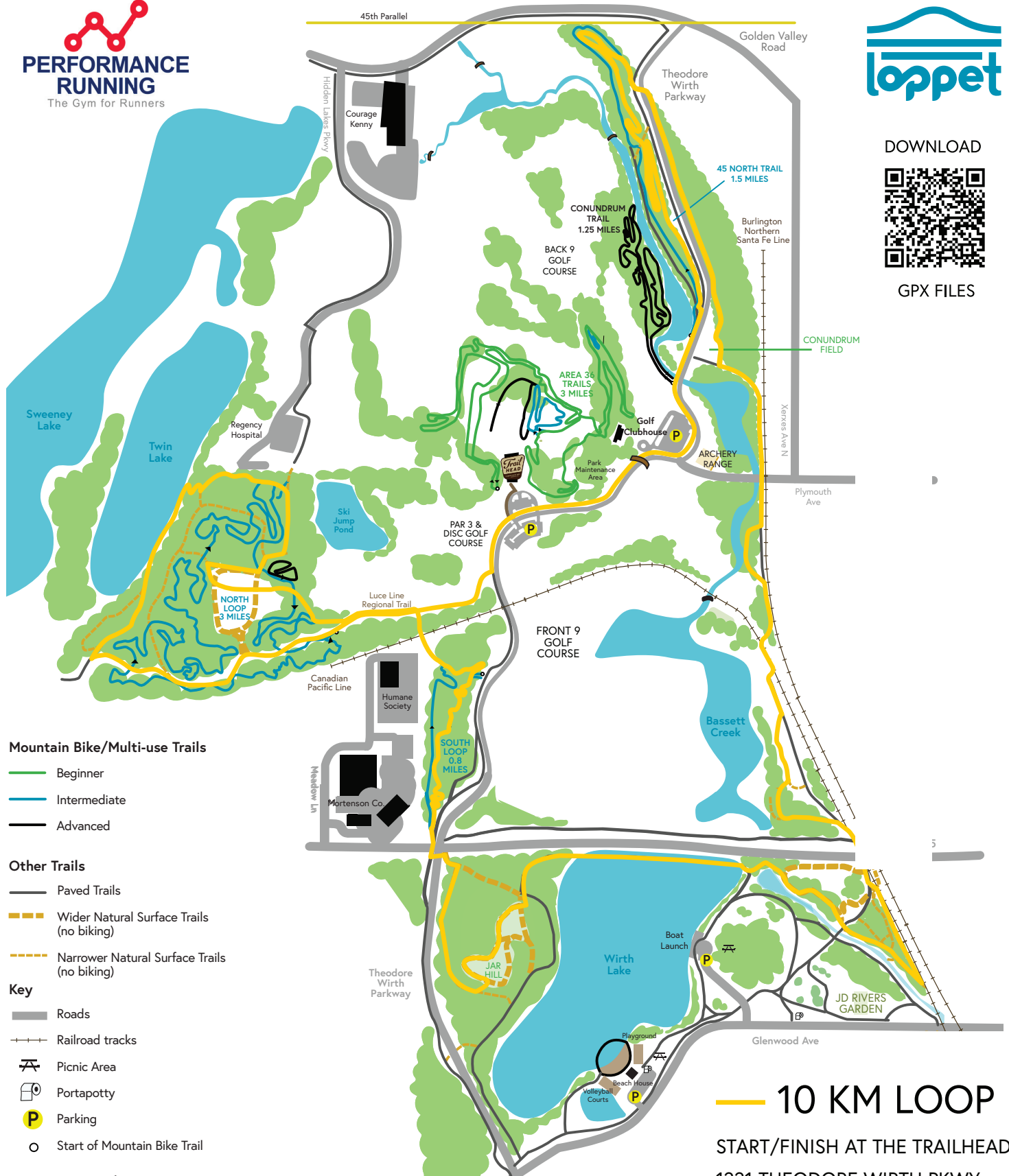
10K ROUTE THEODORE WIRTH PARK



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GPX FILES



Mountain Bike/Multi-use Trails

- Beginner
- Intermediate
- Advanced

Other Trails

- Paved Trails
- Wider Natural Surface Trails (no biking)
- Narrower Natural Surface Trails (no biking)

Key

- Roads
- +—+— Railroad tracks
- Picnic Area
- Portapotty
- Parking
- Start of Mountain Bike Trail

10 KM LOOP

START/FINISH AT THE TRAILHEAD

1221 THEODORE WIRTH PKWY