**5K Route**

* Exit View Ridge Middle School Driveway and turn right onto Pioneer Street
* Turn right at the corner of Pioneer Street and 5th Street -2 volunteers
* Turn right at the corner of Pioneer Street and Division Street

(this is the entrance to Abrams Park) – 2 volunteers

* Turn left onto the bridge – 2 volunteers + sign (5K/10K)
* Turn left onto the paved pathway – 2 volunteers
* Follow paved path until it ends and you reach Heron Drive
* Turn left onto Heron Drive – 2 volunteers
* Turn left at the entrance of Heron Ridge neighborhood onto Main Street – 2 volunteers
* Turn right onto Division Street and cross over Main Street – 2 volunteers
* Cross over the railroad tracks – 2 volunteers
* Turn right onto paved path that follows alongside Lake River – 2 volunteers
* Follow path until you reach the Sacajawea statue and turn around – 2 volunteers
* Walk along path until you reach its beginning again (repeat volunteers)
* Turn left back onto Division Street and follow it back over the railroad tracks and all the way back over Main Street and up the hill until you reach 5th Street again (repeat volunteers)
* Turn right onto 5th Street (repeat volunteers)
* Turn left onto Pioneer Street (repeat volunteers)
* Turn left back into the entrance of View Ridge Middle School

**10K Route**

* Exit View Ridge Middle School Driveway and turn right onto Pioneer Street
* Turn right at the corner of Pioneer Street and 5th Street – 2 volunteers
* Turn right at the corner of Pioneer Street and Division Street – 2 volunteers

(this is the entrance to Abrams Park)

* Turn right and follow gravel path along Gee Creek – 2 volunteers + sign (5K/10K)
* Go over 2 bridges and follow gravel path until it ends at Pioneer Street – 2 volunteers
* Turn around and go back along the same gravel path until you meet back up to join the 5K walkers/runners along the paved pathway
* Turn left onto the paved pathway – 2 volunteers
* Follow paved path until it ends and you reach Heron Drive
* Turn left onto Heron Drive – 2 volunteers
* Turn left at the entrance of Heron Ridge neighborhood onto Main Street – 2 volunteers
* Turn right onto Division Street and cross over Main Street – 2 volunteers
* Cross over the railroad tracks – 2 volunteers
* Turn right onto paved path that follows alongside Lake River – 2 volunteers
* Follow path until you reach the Sacajawea statue and turn around – 2 volunteers
* Walk along path until you reach its beginning again – (repeat volunteers)
* Turn left back onto Division Street and follow it back over the railroad tracks – (repeat volunteers)
* Turn right onto Main Street – (repeat volunteers) + sign (5K/10K)
* Follow Main Street past Overlook Park and curve to the left as this road turns into Sergeant Street – 2 volunteers + water station
* Turn right onto 4th Avenue – 2 volunteers
* Turn left onto Shobert Street – sign OR 2 volunteers
* Turn left onto 8th Avenue – 2 volunteers
* Turn right onto 8th Court – 2 volunteers
* Follow 8th Court up the hill as it turns into a paved path
* Follow paved path until you reach Hillhurst Road
* Cross over Hillhurst Road to run against car traffic – 2 volunteers
* Follow Hillhurst Road to parking the lot entrance of Ridgefield United Methodist Church – 2 volunteers
* Cross back over Hillhurst Road and run on gravel pathway alongside Dog Park
* Continue on Hillhurst Road until you meet back up with 8th Court paved path – (repeat volunteers)
* Follow paved path back down 8th Court
* Take a slight right onto 8th Avenue – (repeat volunteers)
* Follow 8th Avenue until Pioneer Street – (repeat volunteers – take from Abrams Park)
* Cross over Pioneer Street and take a left to run down Pioneer Street alongside the middle school baseball field fence line
* Turn right back into the entrance of View Ridge Middle School