

POINT DEFIANCE PARK



8k Route

- ① Start at the first crosswalk after entering the gate to the five mile loop. The start line is even with the pedestrian sign at the crosswalk and is located between Fire Hydrant #23 & #22.
- ② Complete one full loop counter-clockwise (blue line)
- ③ Continue past the start line and head around the loop again (red line)
- ④ After passing the turn for Narrows Cutoff Dr. (an unmarked dirt road which is closed to traffic) make a u-turn at the point marked TA. The turnaround (TA) is EVEN with the first concrete parking block as you go west just past the Narrows Cut Off Rd. The general location is near the parking turnout where the 500 year old tree is located and between Fire Hydrant #31 & #30
- ⑤ Come back the way you came and turn right onto Narrows Cutoff Dr (an unmarked dirt road which is closed to traffic)
- ⑥ When you reach the junction with Five Mile Drive turn left and head back toward start
- ⑦ Instead of turning left toward start line proceed down to Owen Beach.

Note: See Owen Beach close-up for detailed view of steps 8 and 9.

- ⑧ Course goes between the two "handicap only" parking signs
- ⑨ Finish is EVEN with the NE corner of the Picnic Shelter on the Promenade

CM = Course Marshal PO = Police Officer TA = Turnaround



5K, 8K OWEN BEACH CLOSE-UP

