

3W Races 5k From Westminster Promenade Terrace



5k ROUTE: All racers start and end at the same point at the top of the Terrace. The run begins by heading east, toward City Park. Follow the foot bridge on the right, over the creek, toward City Park. Stay to the right and head west. Do not pass the “Tribute Garden.” (Many flags flying) Where the trail comes to a crossroads, take a sharp left onto the crushed gravel. Follow the crushed gravel back to the concrete trail (mile one complete!) and back over the foot bridge. As soon as you cross the foot bridge, stay to the right – heading east. The main trail is “Big Dry Creek Trail” Stay on Big Dry Creek Trail. Portions are concrete and portions are gravel. All of the trail leads UNDER roads.

You will cross under Sheridan Blvd, but you will NOT go under 112th Ave. Just before mile two, you will reach the 5k turn around point. It will be marked with signs and cones. Turn around and stay on the right hand side of the trail, so you don’t interfere with the other runners who have not yet reached the turn around point.

From this point forward, you are following the shortest route back to the finish line. You will not take the jut out toward City Park on your return, but instead, run directly to the Terrace Finish Line!

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