Mile Marker Locations
Start/Finish - 41.7m east of edge of drivable parking lot (roundabout) and where the Seward Park Trail starts
Mile 1 - 144.8m south of 1.5 mile permanent stone mile marker. Runners NB on inside portion of trail
Turn Around - 48.8 meters south of Park bench dedicated to Bob Wallace 2013. Runners SB on inner portion of trail
Mile 2 - 161.6 meters north of 1.5 mile permanent stone mile marker. Runners on outside of trail SB closest to water after TA
Mile 3 - 64.3m east of 4th park bench on south side of trail from the start of the trail at round-a-bout. Runners westbound towards finish on outer part of trail closest to water.

Road Restrictions
Seward Park Trail -
Outbound Runners - inside portion of trail
Inbound Runners - Closest to water at all times