



Mile Marker Locations

Start/Finish - 41.7m east of edge of drivable parking lot (roundabout) and where the Seward Park Trail starts

Mile 1 - 71.1m south of intersection of Seward Park Rd & Seward Park Rd. Runners NB in outer side of road

Mile 2 - 217.4 meters south of permanent stone mile post 1.5. Runners NB on inner portion of trail

Mile 3 - 82.3m north of sign post "Boat Landing Zone" permission sign. Runners SB on inner portion of trail

Turn Around - 5.21m north of red fire hydrant at southeast edge of Clay Studio Building

Mile 4 - 189.4m west of permanent stone mile post 1.5. Runners EB on outer portion of trail (closest to water)

Mile 5 - 114.5m east of "Seward Park Rules & Regulations" sign outside of amphitheater. Runners WB

Mile 6 - 100.5m north of park bench dedicated to Bale Behar, 2012. Runners SB towards finish line.

Road Restrictions

Seward Park Trail -

Outbound Runners - inside portion of trail

Inbound Runners - Closest to water at all times

Seward Park Ave -

Outbound Runners - Outer portion of loop road

Inbound Runners - Inner portion of loop road