5k Route Overview:

Starting this year, we are offering a 5k route though the core section of Strawberry Hill Nature Preserve. As you read the trail description, it is important to reference the Strawberry Hill Nature Preserve trial map. If you follow the trail markings, you will you stay on the route. The trail markings in order for the 5k are: White, Red, Pink, Blue, Pink and White.

Currently, green neon mile markers are posted in approximate locations along the 5k section of the route.

To begin:

Position yourself with the Strawberry Hill Nature Preserve administrative building on your right side. Note, behind you is the bridge. The race begins on the bridge and you will run toward the Pink Log Cabin. Run up the road and pick up the **White Trail** to the left of the Pink Log Cabin and head up the slope (on race day, you will run on the road and make a sharp right turn at the metal gate immediately past the Pink Log Cabin to access the white trail).

Follow the white trail to the top of the hill and make a quick left turn onto the **Red Trail**. This short single track will take you to the gravel road; turn right. Follow the road up the Quarry parking lot and look to the right for the red trail. Continue on the red trail down the steep hill to the kiosk. Turn left at the kiosk and cross over the wide bridge to pick up the **Pink Trail**.

Begin your climb up the Pink Trail and pass mile marker 1. Stay to the right when you approach the fork with the Green Trail. The Green Trail will fork left for the 10k/15k race; you stay to the right on the pink trail and head down the hill and over a suspended bridge.

Stay on the **Pink Trail** and watch to your left as the 10/15k route will be joining the race route at this junction. Bear to the right and continue on more single track which meanders down by the stream. The trail will become slightly wider as you leave the stream, and will make a sharp right as you approach a gravel road. **If you find yourself on a gravel road, you over shot the turn.**

Shortly, after mile 2 on the pink trail, turn left at the kiosk, cross a gravel road, and pick up the **Blue Trail**. Head up the hill and when you reach the area where two trails merge, make an immediate U turn (currently there are blue flags marking this U turn) and head back down the hill to the kiosk.

Turn left at the kiosk to pick up the **Pink Trail** again. Follow to the T intersection with a bridge on your right and left. Make an immediate left turn over the bridge onto the **White Trail**. You are now on single track until you cross another bridge. **Follow the trail to the pond and bear left (do not go up the stairs into the pine forest).** As you pass mile 3, the pond will be on your right shoulder and you will continue around to the road between the administrative building and white fence. You will go to the outside of the fence, make a sharp right turn along the road and follow the fence to the Pink Log Cabin. Done.