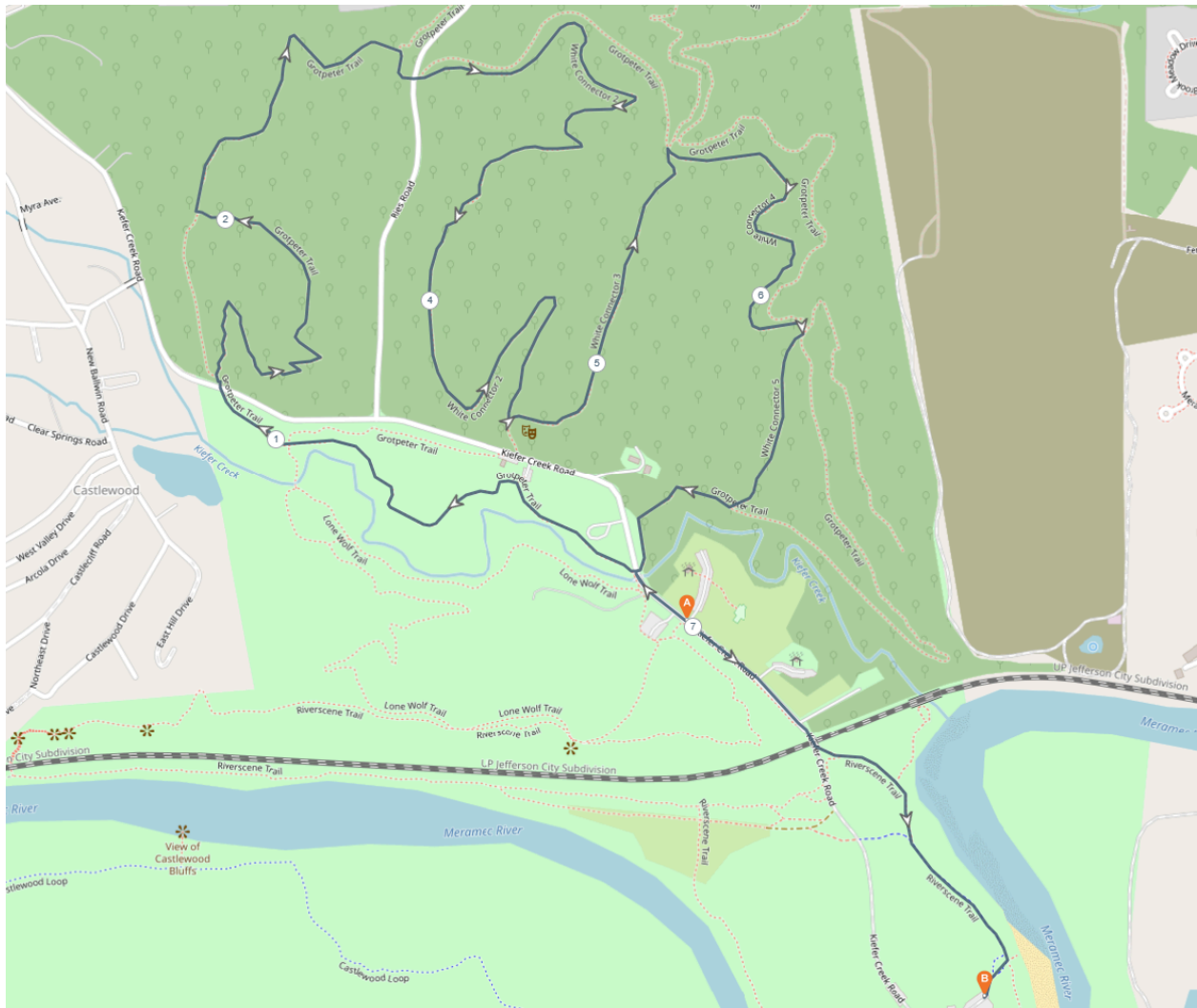


## St. Louis Track Club Summer Trail Series 8K Course



**\*\*All distances listed are approximate\*\***  
Elevation gain is approximately 528 ft.

The start line will be to the west side of the entrance to the Shelter #1 parking lot (marked on the map above with an A).

From the start, run west on Keifer Creek Road for .01 miles and take the Grotpeter trail on the left, AFTER you cross the bridge over the creek. Stay on the Grotpeter trail (blazed in blue). At 0.7 miles you will cross Keifer Creek Road, then continue on Grotpeter Trail.

At 1.73 miles you'll cross Ries Road – this is where the first water station will be located. Take White Connector 2 trail on the right. Continue on White Connector 2 until the 2.95 mile mark and take a sharp left onto White Connector 3 (another water station will be located at this

intersection). Stay on WC 3 until you reach 3.38 miles, then take a sharp right onto White Connector 4. Stay on WC 4 until you reach 3.84 miles, then take a right onto White Connector 5. Follow WC5 until 4.08 miles and then take a right onto the Grotpeter Trail.

Stay on the Grotpeter until you reach 4.276 miles, then take a left onto Keifer Creek Road. Run down Keifer Creek Road past the train trestle, then take your first left onto the Riverscene Trail at 4.56 miles. Remain on the Riverscene trail until the end.