

**St. Louis Track Club
Summer Trail Series 4K Course (2.485 miles)**



****All distances listed are approximate****

Total ascent of the 4K route is approximately 259 ft/679 meters

The course will be marked with pink flags.

The start line will be **inside** the Special Events area, near the Trestle Bridge.

From the start, run on Keifer Creek Road toward the Lone Wolf Trail head parking lot. At 0.25 miles (just before the parking lot), turn left and begin the climb up the Lone Wolf Trail. **This trail splits several times, so please pay attention and follow the flags.** At 0.6 miles, keep right on the Lone Wolf Trail. You'll pass a castle-like structure on your left and start to descend. Remain on Lone Wolf, following the flags.

At 1.8 miles, you'll exit the trail and continue onto Keifer Creek Road, heading back toward the Trestle Bridge. At 2.0 miles, just after the Trestle Bridge, take a right onto the Riverscene Trail. Follow the trail until the finish at the back of the Special Events area.

Online map can be found here: <https://www.plotaroute.com/route/3408337>