

**St. Louis Track Club
Summer Trail Series 6K Course (3.74 miles)**



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

Total ascent of the 6K route is approximately 334 ft/102 meters

Course will be marked with pink flags.

The start line will be **inside** the Special Events area, at the Trestle Gate.

From the start, run on Keifer Creek Road for 0.28 miles and take a left on the Grottpeter trail AFTER you cross the bridge. Stay on Grottpeter, crossing Kiefer Creek Road at approximately 0.9 miles. Remain on Grottpeter up the hill and cross Ries Road (1.93 miles). **This will be the location of the water station for this race.** Stay on Grottpeter (the trail to the left). At the 2.36 mile marker, take a right onto White Connector 3 (aka Office Connector). At the bottom of WC3

(2.78 miles), take the trail to the left, cross Kiefer Creek Road into the parking lot to the left of the park office. At the back of the parking lot, take a left back onto Grotpeter Trail (2.87 miles). Stay on Grotpeter until it reconnects with Kiefer Creek Road. Take right onto Kiefer Creek Road, heading back toward the Trestle Gate.

After the Trestle Gate, take a left onto the Riverscene Trail (3.336 miles). Remain on the Riverscene Trail until the end at the back of the Special Events area.

Online map can be found here: <https://www.plotaroute.com/route/3382156?units=miles>