

**Frostbite Series  
Race 4, Short Race  
4-Mile Race**

**The Central Fields Run**

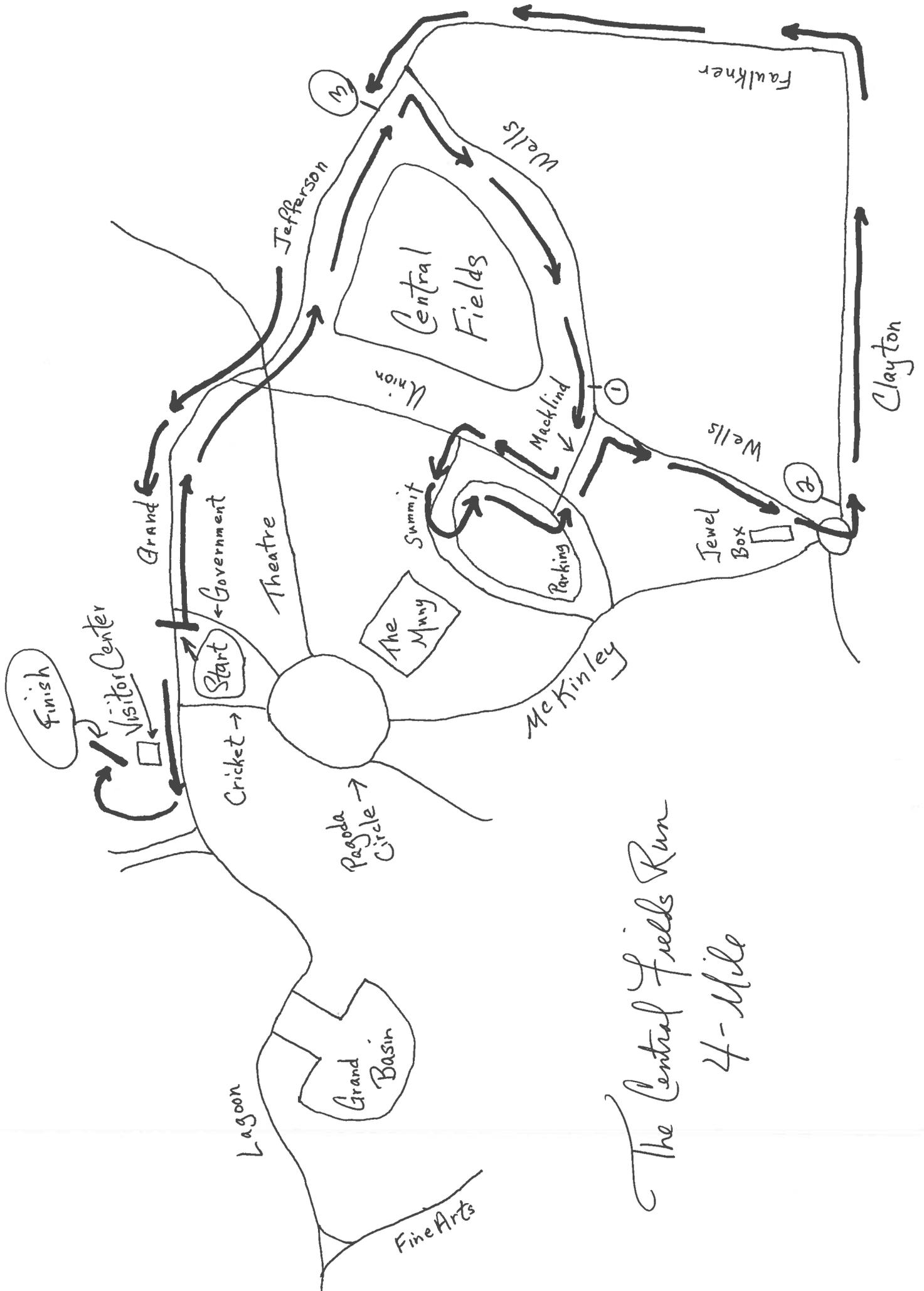
This course allows participants to run around most of the perimeter of the famous Central Fields of Forest Park. The race begins on Grand Drive near Government Drive. Go east on Grand and south on Jefferson. You are now at the northern end of Central Fields. Take Jefferson to Wells Drive and turn right (south). Take Wells to Macklind and continue west onto Macklind. Turn right (north) onto Union and then left (west) onto Summit Drive. As you ascend Summit Drive, be aware that you have run around most of the perimeter of Central Fields.

Ascend Summit onto the Upper Munny Parking Lot and head to your immediate left, turning down the long parking aisle. This is nearly equivalent of making a 180-degree turn. Stay in the parking aisle as it heads east and then gradually turn to the right (south). Take this aisle until it intersects Macklind coming into the Upper Parking Lot. Go left (east) on Macklind and exit the lot.

Cross Union and take Macklind to Wells. Go right (south) on Wells and stay left as you enter the McKinley Circle roundabout. Go south on McKinley to Clayton Avenue. Go left (east) on Clayton and turn left (north) onto Faulkner. Take Faulkner to Jefferson to Union to Grand.

Exit onto the bike path at the Visitor Center and continue to the finish line.

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| Start  | The 4-mile race begins on Grand Drive near the Government Drive intersection. Locate light standard 5415GR on Grand Drive. This light standard is the first one west of the western edge of Government Drive.                    |
| Mile 1 | The 1-mile marker is on Wells Drive at light standard 5484WE. This is the light standard just before Wells intersects Macklind.  |
| Mile 2 | The 2-mile marker is on Clayton Avenue near the McKinley intersection. It is at the first light standard on Clayton immediately east of McKinley.  |
| Mile 3 | The 3-mile marker is on Jefferson Drive north of Wells. It is between the third and fourth light standards north of the standard with the Jefferson/Wells sign, 5' south of the double curb inlet on the west side of Jefferson. |
| Finish | The finish line is on the bike path behind the Visitor Center. It is the first light post on the path north of the Visitor Center.   |
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4-Mile