

**Frostbite Series
Long Series
Race 5—15K**

The “Two East-One West” Forest Park 15K

The Frostbite 15K requires one loop on the west end of Forest Park and two loops on the east side. The race begins on the north end of Pagoda Circle. Go east to Cricket Drive and turn north. When you reach Grand, head east toward Jefferson and continue to Wells Drive. Make a right turn and go south on Wells and follow it to McKinley Circle. Turn left on Clayton Avenue and go east past Boeing Aviation Fields and the Planetarium. Go north on Faulkner and follow it to Jefferson and then west onto Grand. This completes the first loop of the east end of Forest Park.

Take Grand as it changes into Lagoon Drive and follow Lagoon to the Fine Arts Triangle. Turn around at the Triangle and head east on Lagoon to Grand. This completes the loop at the west side of Forest Park.

Continue on Grand and eventually onto Jefferson. Once again, go south on Wells, except for this second loop head west on Macklind at the Wells/Macklind intersection. Turn north on Union and then west on Summit Drive to ascend into the Upper Muny Parking Lot.

As you ascend Summit Drive into the Upper Muny Park Lot, make a left at the first turn and follow the first parking aisle to your left. This maneuver is almost a 180-degree turn, but there is sufficient space to make a rounded left turn. Continue following the southern-most lane through the Upper Lot until you intersect Macklind. Make a left on Macklind and exit the Upper Muny Park Lot. Cross Union Drive and make a right onto Wells Drive. Take Wells to McKinley and turn left onto Clayton Avenue. Take Clayton to Faulkner, turn left, and continue until Faulkner turns into Jefferson. This completes the second east loop of Forest Park.

Take Jefferson to Grand Drive all the way to the Visitor Center bike path and the finish line.

Starting Line: The starting line is on the north side of Pagoda Circle (near Cricket) at light standard 5593PC. The race heads west on Pagoda with an immediate right turn (north) onto Cricket.

1 Mile: The 1-mile mark is on Wells. Locate the third light standard on Wells south of Jefferson. This light standard is 5232WE, and the 1-mile mark is 13 ft. south of this light post.

2 Mile: The 2-mile mark is on Clayton Avenue heading east toward the Planetarium. Locate light post 5297CY. This is the second light post west of the entrance to the St. Louis Metropolitan Police Station. The 2-mile mark is 55' east of light post 5297CY.

3 Mile: The 3-mile mark is on Grand very close to the Union intersection where Union heads north out of Forest Park. Locate the first light post on Grand east of the intersection with Union. This light post is just west of the bridge over the creek on Grand. The 3-mile mark is 5 ft. west of this light post.

4 Mile: The 4-mile mark is located on Lagoon Drive as you're heading west to the Fine Arts Triangle. Locate the golf cart crossing on Lagoon just west of the Grand Basin. The first light post west of the golf cart crossing is 5915LG. The 4-mile mark is 12 ft. east of 5915LG.

5 Mile: The 5-mile mark is on Grand as you're heading east, and it is located close to the west end of the Visitor Center. Locate the second light post west of the drive into the parking lot. (This is the drive that is located across the street from where runners turn onto the bike path to go behind the Visitor Center to the finish line.) The second light post is 5616GR, and the 5-mile mark is 11 ft. east of it.

6 Mile: The 6-mile mark is on Wells Avenue. Locate the third light, 5232WE, on Wells south of Jefferson. The 6-mile mark is 39' south of 5232WE.

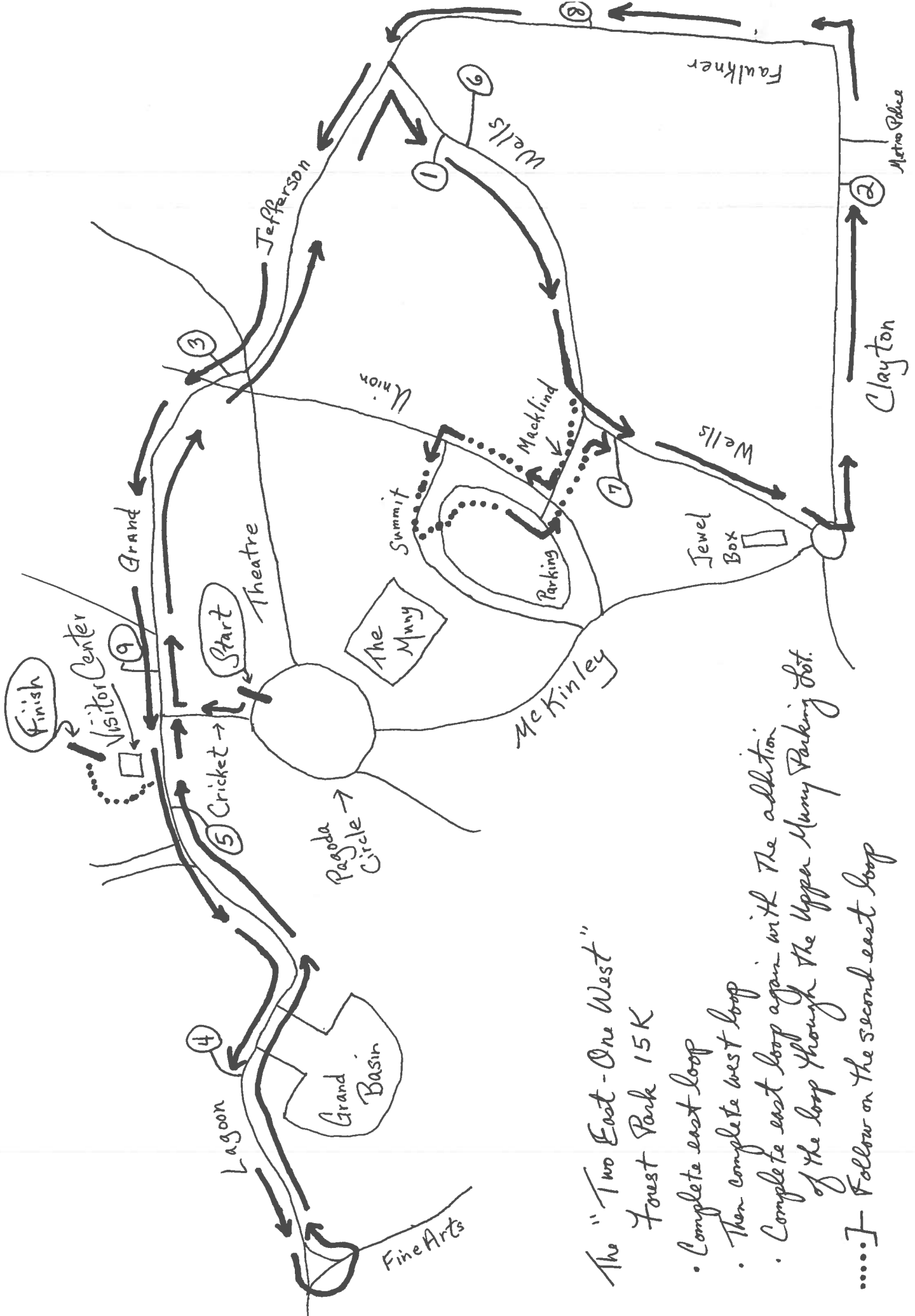
For the second loop of the 15K, take Macklind west.

7 Mile: After completing the Macklind-Summit-Upper Muny Parking Lot-Macklind loop, turn right (south) onto Wells and locate the first light post, 5517WE, west of Macklind/Wells intersection. This light post is on your right (or the west side of Wells). The 7-mile mark is 36' south of this light post.

8 Mile: The 8-mile mark is on Faulkner north of Clayton. Locate the third light post south of the concrete walk along the street at the fishing pier. This is light post 654FK, and the 8-mile mark is 2 ft. north of this light post.

9 Mile: The 9-mile mark is on Grand, just west of Cricket where it goes to Lindell. Locate light post 5503GR. The 9-mile mark is 24 ft. west of this light post.

Finish: Bike path just north of the Visitor's Center at the first light post on the path north of the Center.



The "Two East - One West"
Forest Park 15K

- Complete east loop
- Then complete west loop
- Complete east loop again with the addition of the loop through the Upper Munny Parking lot.
- Follow on the second east loop