



start at picnic shelter 1, go to Kisrow, thru campground to Chester lake trail, on road through horse trailer parking area to Prairie Ridge then North trail to Zieman loop to South Sand Prairie then Dam Overlook trail to finish by fishing dock.

Aid stations at miles 2, 4, 6, and 9. Miles 6 through 7.5 are a loop so runners hit 6 mile aid station twice