

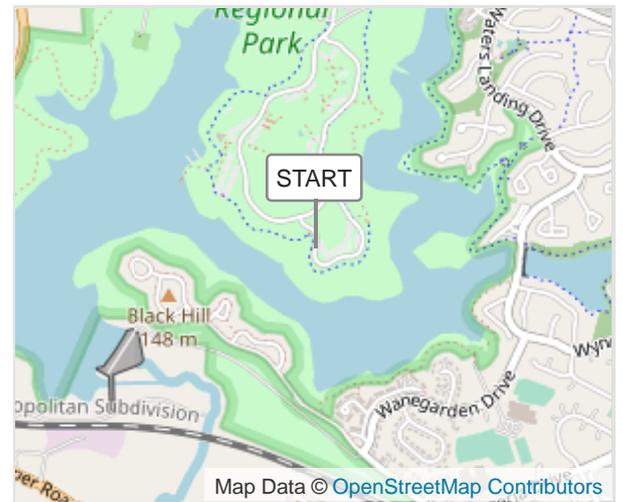


# MCRRC Piece Of Cake 10K At Black Hill Park

## ROUTE INFORMATION



ROUTE LENGTH	6.224 miles
ASCENT	603 ft
DESCENT	587 ft
HILLS	↑ 45.1%   ↓ 44.1%   → 10.8%
TERRAIN	Mixed 
START	<b>LAT:</b> 39.188560, <b>LNG:</b> -77.292059



## NOTES

This 10k course is all on asphalt paved trails/sidewalk, and a small bit on the road at the start. There are NO dirt trails on this course. The start is on Picnic Lane and the majority of the course uses the Black Hill Trail. Runners complete one full loop, run the first half of the loop again, and then complete an out and back before returning to finish the second loop, ending in a parking lot adjacent to Picnic Lane. The course is not a certified 10K course.

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## **MCRRC Piece of Cake at Black Hill Regional Park**

The course begins on Picnic Lane just beyond the first entrance to Parking Lot #6.

Runners follow Picnic Lane to the entrance to the Black Hill Trail on the right across from the exit of Parking Lot #6. Runners turn onto Black Hill Trail (almost making a U-turn onto the trail) and follow the trail to the road crossing opposite the administration building (approx. M1.75).

After crossing the road, runner proceed down the hill to the "T" intersection and make a right to continue their loop on the trail. After the "T" intersection, and before arriving back to the start/finish area on Picnic Lane, the Black Hill Trail curves slightly right and runs parallel to the road (Lake Ridge Drive).

Still running parallel to the road, the Black Hill Trail turns left Picnic Lane (opposite end from the start) and runners continue following Black Hill Trail back into the woods as they did at the start.

Runners follow the trail for a second half loop.

When arriving at the road crossing the second time, runners cross the road, run down the hill to the "T" intersection and turn left to complete an out and back section on Black Hill Trail.

Runners follow the Black Hill Trail over the bridge and boardwalks to the opposite shoreline. From the intersection of the Crystal Rock and Black Hill Trail the course hugs the shoreline and runners follow the Black Hill Trail a little over ½ mile to the turn around.

Runners re-trace their path on the Black Hill Trail, running straight through the "T" intersection again following the portion of the path parallel to the road and following the path onto Picnic Lane.

When they arrive at the first parking area exit they transition from the path to the road and proceed on the road to the second parking area on the left for the finish.