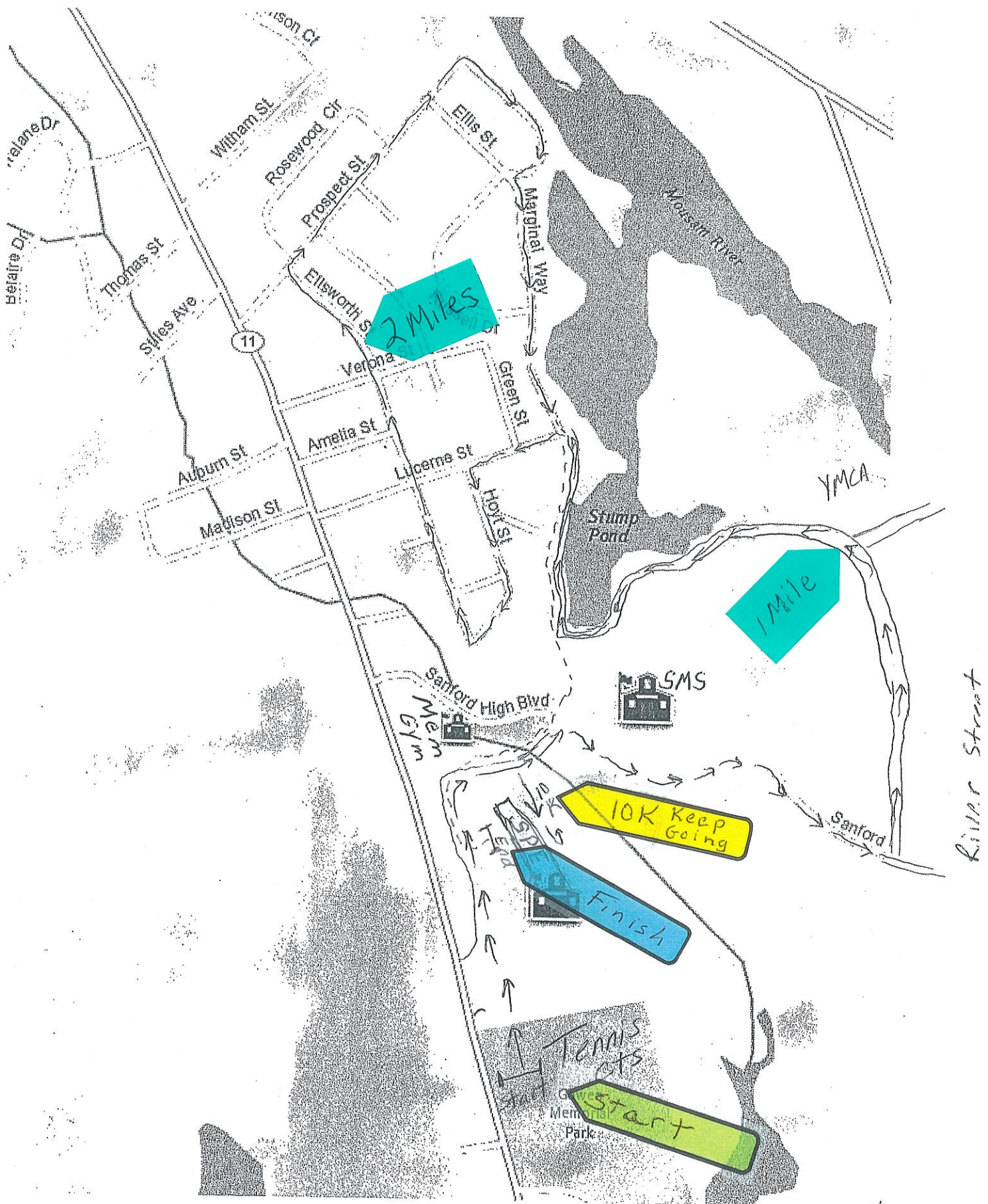


Sanford Parks and Recreation Turkey Trot Road Race 5 and 10 K



Sanford Parks and Recreation

5K Turkey Trot Directions – 10K does an extra loop of entire race

This race begins next to Pride Elementary School in Sanford in front of the Gowen Park Tennis Courts. From there you will head north passing the (PES) Pride Elementary School on your right. Go down through the PES parking lot hugging the left side of the lot. You will then head down to the Sanford Middle school via the access road in front of Cobb Stadium. Go right at the Middle School entrance around the back toward the rear entrance "Spartan Blvd". Just prior to exiting Spartan Blvd you will see Mousam Trail entrance on your left. Head down the Mousam Trail and here you will find your 1 mile marker. At the intersection take a left (you will see the YMCA in front of you). At the next trail intersection take a Right and follow the Mousam Trail to the end. You will then take a left hand turn out of the trail and head up Lucerne Street hill. Take your first left onto Hoyt street and follow it to the end – it wraps around to the right. Take a Right onto Ellsworth Street and follow that to the end. Take a Right onto Prospect Street and follow that to the end. Take a Right onto Marginal Way and follow that as it "curves to the left" – this will take you back to the Mousam Trail. Go straight onto the trail and follow it straight back to SPE were the finish line awaits.

Please see map if you have questions. Follow fluid arrows first – dotted arrows second. (reason for fluid arrows and dotted arrows is because the course overlaps itself)

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