

EHS Community Runs – Week 3 (Tuesday, June 26)

A Route – 3.21 miles

1 Water Stop at Service Rd.

- Start on the Winston Brown Track
- Turn left onto the MCT Nature trail towards SIUE (0.1 miles)
- Turn around at the A-Route turnaround (1.6 miles)
- Finish at the Winston Brown Track

B Route – 5.0 miles

1 Water Stop at Service Rd.

1 Water Stop on trail across from SIUE track

- Start on the Winston Brown Track
- Turn left onto the MCT Nature trail towards SIUE (0.1 miles)
- Be careful crossing Bluff Road (1.9 miles)
- Turn right on the MCT Bluff trail towards SIUE track (2.0 miles)
- Be careful crossing Stadium Road to continue on MCT Bluff Trail (2.2 miles)
- Turn around at the B Route turnaround (2.5 miles)
- Be careful crossing Stadium Road to continue on MCT Bluff trail (2.8 miles)
- Turn left and be careful crossing Bluff Road to return to MCT Nature Trail towards EHS (3.1 miles)
- Finish at the Winston Brown Track

C Route – 8.0 miles

1 Water Stop at Service Rd.

1 Water Stop on trail across from SIUE track

- Start on the Winston Brown Track
- Turn left onto the MCT Nature trail towards SIUE (0.1 miles)
- Be careful crossing Bluff Road (1.9 miles)
- Turn right on the MCT Bluff trail towards SIUE track (2.0 miles)
- Be careful crossing Stadium Road to continue on MCT Bluff Trail (2.2 miles)
- Keep right to follow MCT Bluff trail into SIUE (3.1 miles)
- Turn around at the C Route turnaround shortly after the Vadalabene center (4.0 miles)
- Keep left to follow MCT Bluff trail back towards SIUE track (4.9 miles)
- Be careful crossing Stadium Road to continue on MCT Bluff trail (5.8 miles)
- Turn left and be careful crossing Bluff Road to return to MCT Nature Trail towards EHS (6.0 miles)
- Finish at the Winston Brown Track