

## Park Rapids High School

218-237-6400

401 Huntsinger Ave

Park Rapids, MN 56470, US

<http://www.lakestopines.com>

## Key

### Bike

Loop 1 

Loop 2 

### Run

Out 

Back 

## Bike Route (14.7 miles)

The bike route is a double loop course. The first loop leaves the transition area in the Park Rapids High School parking lot near the pool heading Southwest through the Community Center parking lot and then left onto Helten Avenue to Hwy 34.

Turn Right onto Highway 34 West to 129th Avenue (Cty 114).

Turn Right onto 129th Avenue (Cty 114) to Hwy 71.

Turn Right onto Hwy 71 South - follow Hwy 71 South to Main Avenue.

Turn Right from Main onto North Street (Monico Lane).

Continue on North Street (Monico Lane) to Helten for the second loop.

Turn left onto Helten straight down to Hwy 34 and the start of the second loop.

Upon your return to Park Rapids, you will finish by taking a left at the Community Center parking lot from Helten which will bring you back to the transition area for the start of the run.

## 5K Route (3.1 miles)

The 5K Route leaves the transition area in the Park Rapids High School parking lot near the pool heading West.

Cross Helten Avenue (watch for bikers) and run along the trail behind Century Elementary School to the North Street exit (Monico Lane)

Turn Left onto North Street (Monico Lane) heading West.

Turn Right onto Western Avenue heading North to the TURNAROUND.

Turn Left onto Helten Avenue (watch for bikers).

Turn Left onto the Practice Football Fields across to the High School Track and the FINISH.

