



This is my favorite place to run. It has everything you could want, soft surfaces, bubbling brooks, beautiful scenery and traffic free. I don't think I'll ever get sick of it, I've really enjoyed watching the seasons change. Whether I'm out there alone, with friends, or my mp3 player, out for an easy jog or a workout it really keeps things in perspective.

If you want to run long you can follow it almost endlessly, (I've run 25k on it and haven't seen the end!) or just do a loop around the pond and back home. There are even kilometer markers on the route and if you prefer to keep the route mysterious and tranquil don't read any further.

I've measured the trail with a jones counter (very, very accurate) and determined where all the accurate kilometer markers are. It starts between the bridge and the small steel sign and goes to the 1k marker for exactly 1000m. The second k marker is actually 970m, the 3rd k marker is 980m and the 4th is 987m.

I'll see you out there.....Dave