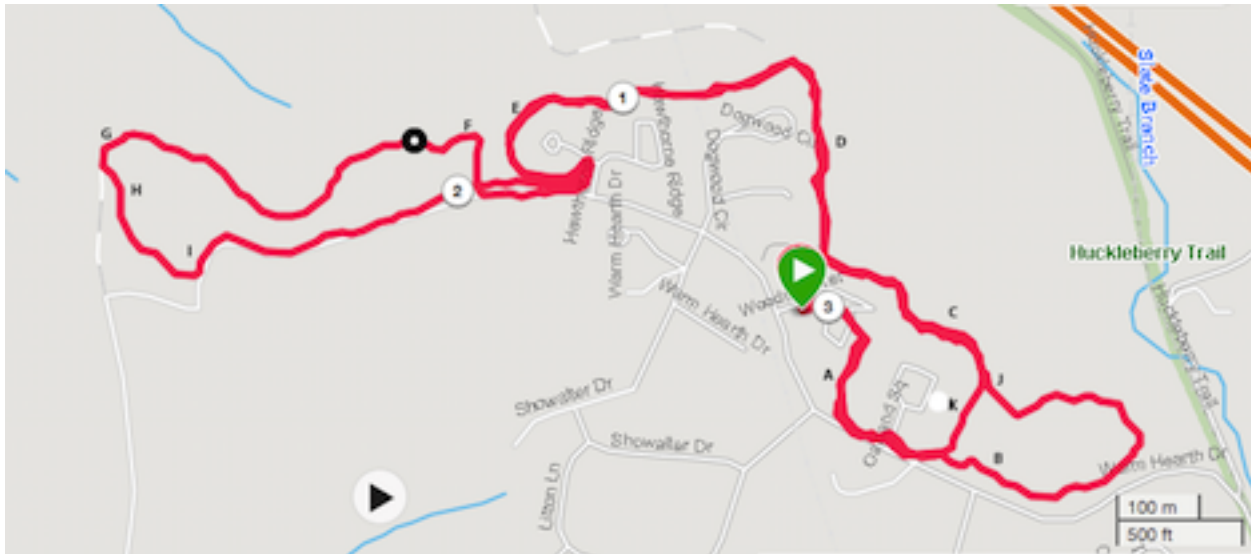


2018 Parrot Strut 5K Run/Walk Course Map



Unlike previous years, the course this year is entirely on trails, except for one short stretch along a gravel maintenance road. The course begins at the green arrow on the above map, which is just inside the entrance to Woodside Terrace. The map shows numbers as the mile marks, and the course follows the letters up to mile 2 and then retraces the outgoing course except it leaves out the loop labeled B (at J on the map one takes a right-hand turn onto a paved path marked K). Finally, one makes a right-hand turn onto the segment marked A, which takes one back to the start line. The water stop is at the maintenance gate, which is near mile marker 2. The route passes the water stop twice, about 1.3 miles from the start and about 1 mile from the finish.