

Cloquet River Run 5K Race Course 2009

The 5K race course starts and finishes at Churchill Elementary. It is an out-and-back course with a loop around Spafford Park / Dunlap Island. The route goes **under** the Hwy 33 Bridge at three locations and at no point crosses Hwy 33 traffic. The route consists mostly of paved roads and paved bike trails, but also covers some gravel trails and a wooden bridge across St. Louis River. The course is downhill towards the river, flat along the river, then back uphill to the finish. Only running and walking entrants are allowed on the 5K course (no strollers, etc...).

