



Congratulations on signing up for the 2024 Wabash Valley Road Runners Run the Parks virtual race!

First, we need to cover some ground rules.

1. Please make sure that you are completing your runs during normal park hours (typically dusk to dawn).
2. Be aware of your surroundings. Many of the courses have a street crossing or run along a road. The roads are not closed. Runners are responsible for being aware of their surroundings and conducting a safe run. Remember, this is a challenge. You will be running on trails with exposed roots and loose gravel. You are responsible for your well-being. Be sure to wear bright colors in Griffin Bike Park, and it is recommended to not wear headphones during your run in Griffin.
3. Know the maps. We have worked hard to mark the courses, but signs can be removed. You will notice new Run the Parks signs on wooden stakes placed throughout the parks. In general, if you do not see a directional arrow, continue forward on the course. Members of WVRR will be checking the courses multiple times a week. However, inevitably, a sign will be moved or fall. Our team will be out to freshen things up as soon as they can. If you do notice a sign down or insufficient course markings please email buddygreen1@icloud.com. We will do our best to get to them quickly.
4. When you finish a run, don't forget to go to Runsignup to enter your time for each course. Keep record of your time.
5. Keep the parks clean. We are here to enjoy the parks that that Wabash Valley has to offer. We want to make sure that we are doing our best to make sure that we leave them just as clean as we found them!
6. Have fun. While this is a virtual race, we encourage you to get small groups together to enjoy the parks.

Warning: Park roads are not closed. Runners participate at their own risk. Be aware of traffic around you when running along the road. Most of this course is trail. Be sure to watch your footing as you run. This is a trail run, rocks and roots will be on the trails.



Wabashiki FWA: 6 Miles

Start at the Dewey Point Rest Area

Head Southeast on the trail.

Follow the trail around the Elementary school and eventually veer left to go into the woods.

Follow the trail around staying on the main trail until you reach the Taylorville entrance.

Follow Sampson PL towards US 40

Follow the curve of the road onto 1st St.

Turn right onto Schley Pl

Take the boardwalk back to Dewey Point Rest Area.

Wabashiki Lite: 1.75 Miles

Start at the RTP start sign.

Head east towards the courthouse. Take the walkway.

Turn around at the end of the walkway to return to the start.



Hawthorn Park : 4.5 Miles

Start at the playground parking lot.

Go east towards the campground

Turn left onto the trail after passing the beach area.

Turn left at the end of the trail towards the campground.

Veer left as you come up the hill into the campground.

Continue straight through the campground and down the hill at the end of the road.

Continue on the trail staying left after the hill

Go up the paved hill towards the shelter house

Stay straight to go into the trail along the lake

As you come out of the trail, turn left at the “start” and a quick right to go into the trail.

Turn left at the first Y to head to the Wetlands. Go over the bridge and across the parking lot to enter the Wetland trail (just past the boat ramp)

As you run through the trail stay left at any branch of the trail.

Stay on top of the ridge and follow the trail around the wetlands.

As you come out of the Wetland area turn right and head up the hill. Follow the trail along the lake.

Turn left at the Y as you go up the hill to go back towards the start.

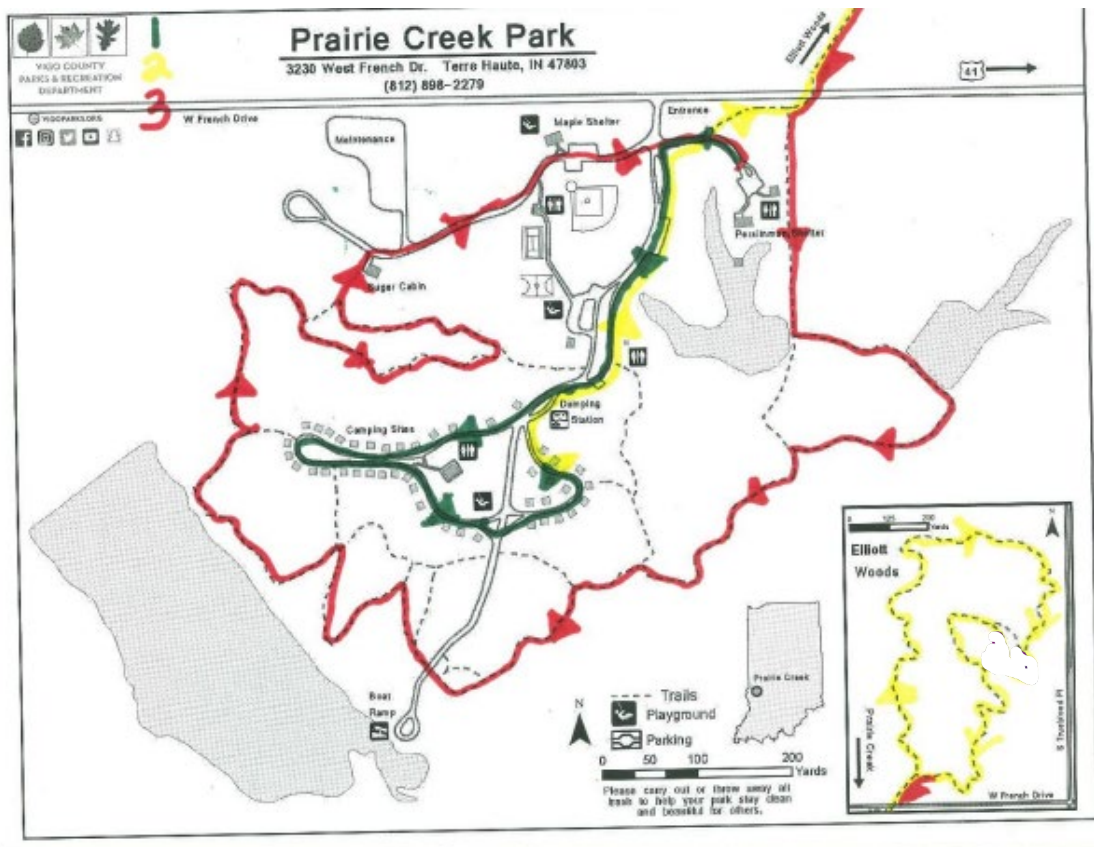
Turn right towards the campground as you come out of the trail.

Turn left onto the trail after passing the beach area.

Turn left at the end of the trail towards the campground.
 Veer left as you come up the hill into the campground.
 Continue straight through the campground
 Turn left as you reach the end of the campground to go across the lake. Turn left to go down the trail as you come up the hill towards the shelter house.
 Continue straight to the finish!

Hawthorn Park Lite 1.5

Start at the playground parking lot.
 Go east towards the campground
 Turn left onto the trail after passing the beach area.
 Turn left at the end of the trail towards the campground.
 Veer left as you come up the hill into the campground.
 Continue straight through the campground and down the hill at the end of the road.
 Continue on the trail staying left after the hill
 Go up the paved hill towards the shelter house
 Stay straight to go into the trail along the lake
 As you come out of the trail, turn left at the "start" for FINISH!



Prairie Creek Park : 5.5 Miles

*Most of your turns/veers will be left, and on well developed trails.

Start at the shelter by the lake (Persimmon Shelter).
 Follow the road back towards the entrance.
 Turn left at the 4-way to go back towards the campground
 Once in the campground go left to go up the hill and follow the loop around

Take the right path at the split and continue over to the other side of the campground Follow the paved road and stay right to go back to the entrance.
Turn right at the 4 way and take the path on the left to go across the street to the Elliot Woods trail.

Once across the street, veer to the left to enter Elliot Woods.

Stay straight to go into Elliot Woods follow the trail. You will complete 2 loops in Elliot Woods.

When coming up the hill after the bridge turn right to back towards the entrance of Elliot Woods.
Complete your second lap!

After the second lap turn left to back across the street to the park.

Once you cross the street, turn left to stay on the gravel trail that goes behind the bathrooms. Turn left at trail split to go into the woods.

As you run by the pond, stay right to go into the woods.

Follow the trail, watch your footing on the gravel

Keep to the left on all of the trail splits

Once you come to the road go across to the other side of the trails directly across Continue staying left on any splits to follow the course.

Once at the Sugar Maple Cabin Loop, take the path to the right

Once you are around the loop, turn right to go alongside the Cabin out to the road Turn right on to the road and head for the start/finish!

Prairie Creek Lite: 2.25 Mile

The lite course will be one lap on the Elliott Woods Trail.

Start at the RTP start sign and head towards the trail for access to Elliot Woods

Cross the street

Take the path on the left when you come to the Y to go into the woods and follow the trail. Turn left at the grasslands area. You will complete a full circle and return the same way you came (A lollipop)

Follow the trail and cross the street to return to the start sign.

FOWLER PARK

3000 East Oregon Church Rd., Terre Haute, IN 47802
(812) 462-3413 • vigoparks.com

TRAILS

- - Scout Loop
- - Overlook Loop
- - Ridge Loop
- - Head Trails



ACCESSIBILITY

- A - 1 Van & 1 Car
- B - 1 Van & 1 Car
- C - 1 Van & 1 Car
- D - 2 Vans

All Restrooms & Shelters are ADA Compliant.



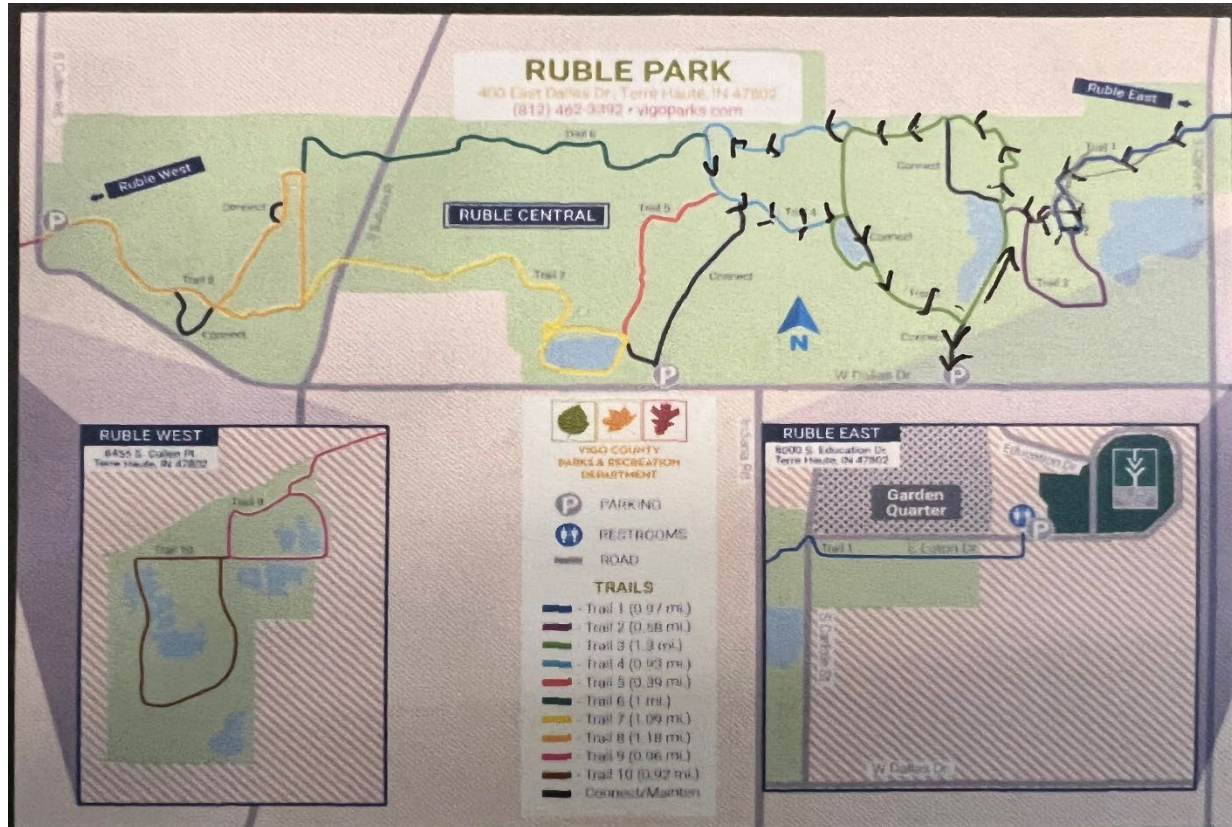
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|----------------|-----------------|------------|
| BEACH | BOAT LAUNCH | CAMPGROUND |
| COVERED BRIDGE | KAYAK LAUNCH | LOG BARN |
| PARKING | PIONEER VILLAGE | PLAYGROUND |
| RESTROOMS | SHELTER | PARK ROAD |

Fowler Park (4.25 Miles)

Start at the WVRR sign after shelter B on the West side of Ruble Lake. Head north towards the back of the park following the road
Stay on the outside of the road to wrap around the parking lot
Continue on the road, staying left to go to the back parking lot
Run around the back lot and south to the Pioneer Village
Follow the gravel path to the gate to run through the campground. Stay on the main road to back around the park back to the start/finish Once at the start/finish sign turn left where the arrow is pointing to go onto a the trail Go right at the "Y" Run up the hill and around to the west and eventually heading south At the "Y" stay right.
Turn left after crossing the bridge and follow the trail back from where you came to the road
Run another lap around Fowler Park.
Finish after the second lap

Fowler Park Lite (1.5 Miles)

Start at the WVRR sign after shelter B on the West side of Ruble Lake. Head north towards the back of the park following the road
Stay on the outside of the road to wrap around the parking lot
Continue on the road, staying left to go to the back parking lot
Run around the back lot and south to the Pioneer Village
Follow the gravel path to the gate to run through the campground.
Stay on the main road to back around the park back to the start/finish



Address (East Entrance): 8000 South Education Drive, Terre Haute, IN 47802

To arrive at Ruble Park East Entrance, take 41 south to Jessica Drive and turn right, then turn left on Carlisle Rd. Turn left at stop sign to parking lot for Ruble Park East.

Ruble Park Challenge (4.8 miles)

Follow gravel path through patio crossing road to trail entrance

At Carlisle cross to foot path

At first "T" follow arrow left then stay right

At next "T" turn left (there are two arrows here, go left for the full challenge course)

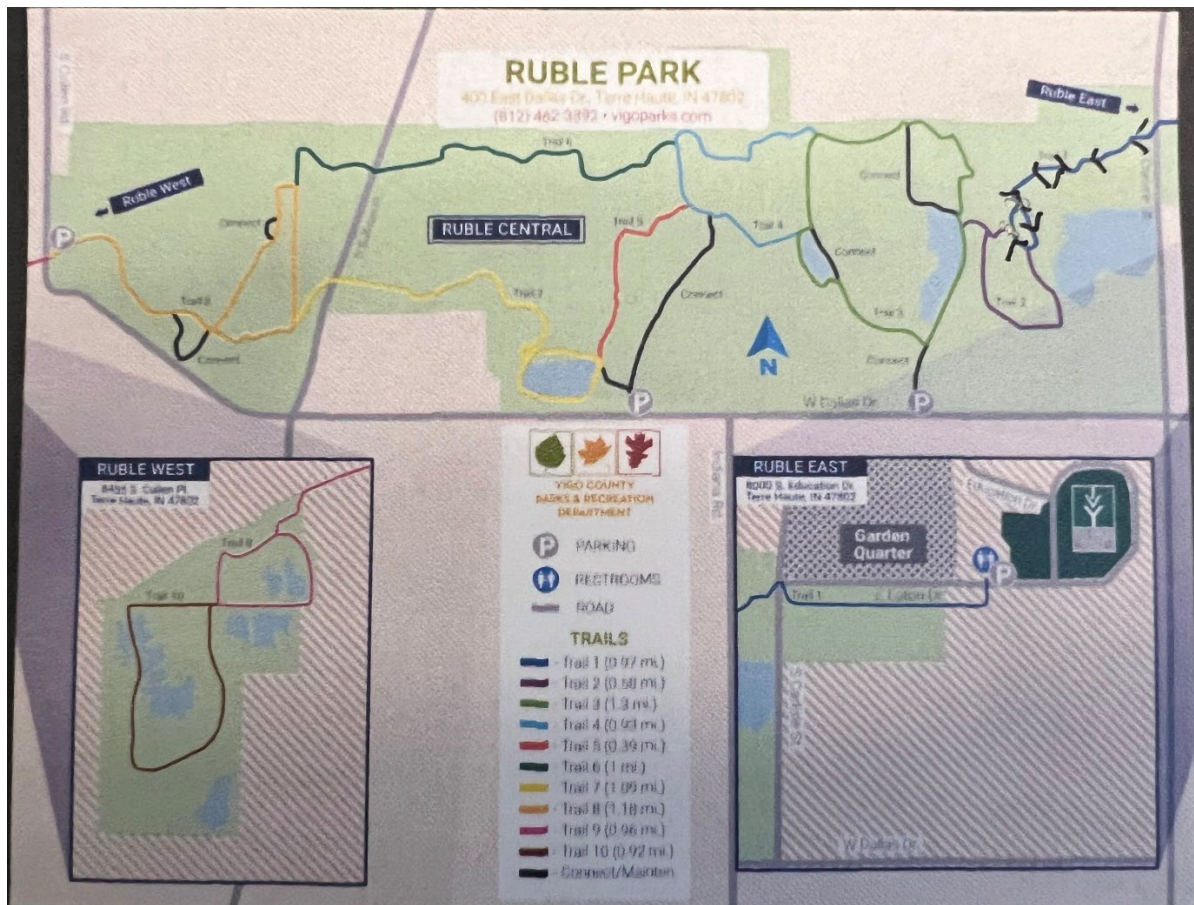
Follow arrows. You will go right at the lake, then left at the bottom of the hill. You will be on Trail 3.

Continue staying right, you will be on Trail 4.

Continue staying right to lake and service road

Turn right to go to the road, then turn left onto the road and then left again on the service road and trail 6.

Turn right at the end of the late and return via route to start.



Ruble Park Lite (2.2 Miles)

Follow gravel path through patio crossing road to trail entrance

At Carlisle cross to foot path

At first "T" follow arrow left then stay right

At next "T" turn left (there are two arrows, go right for the LITE course)

Return via route to start



GRIFFIN BIKE PARK OFFICIAL PARK MAP

TRAIL DIFFICULTY

- BEGINNER
- INTERMEDIATE
- ADVANCED
- EXPERT
- CONNECTOR
- MTB ADAPTIVE

TRAIL SIGNS

- FREEDOM TRAIL ROUTE
- TRAIL ENTRANCE
- TRAIL EXIT
- TRAIL INTERSECTION

DIFFICULTY RATING SIGNAGE



FREEDOM TRAIL

THE FREEDOM TRAIL IS A 4 MILE BEGINNER LOOP THAT ACCESSES EVERY TRAIL IN THE PARK. THE ROUTE IS CLEARLY SIGNED AND EASY TO FOLLOW. ALL OF THE SYSTEM TRAILS ARE SIGNED WITH DIFFICULTY RATINGS SO YOU CAN CHOOSE YOUR OWN ADVENTURE AND RIDE WITHIN YOUR LIMITS AND COMFORT ZONE.

ADAPTIVE TRAIL

THE FREEDOM TRAIL IS DESIGNED AS MTB ADAPTIVE FOR RIDERS THAT REQUIRE MODIFIED BIKES AND EQUIPMENT WITH A WIDER CORRIDOR, MODERATE GRADES AND REST AREAS FOR GROUP RIDES.



TRAIL RATINGS

- FREEDOM
- BASIC TRAINING
- ALPHA
- BUTTAFOES
- NU FLOW
- SNIPER
- ROCK & ROLL
- BUSHWHACK
- FOXTROT
- ZULU
- KA-BAR
- RECON
- AWOL
- OVER N' OUT
- CATCH-22
- PEACE OUT
- WARRIOR
- TRIGGER FINGER
- ECHO
- CHIGGER UP
- STRYKER LAKE
- HEROES



SCAN TO
DOWNLOAD MAP

GRIFFIN BIKE PARK
10700 BONO ROAD
TERRE HAUTE, INDIANA
812-462-3392
WWW.GRIFFINBIKEPARK.COM



PARK AREAS

1. MAIN PARK ENTRANCE
2. PARK OFFICE
3. STRYKER LAKE ENTRANCE
4. RESTROOM AREA - PARK INFO & TRAIL MAP
5. AWARDS PODIUM
6. MAIN EVENT STAGE
7. READY AREA - BIKE TOOL STATION & CHANGING ROOM
8. LZ TERRAIN PARK
9. BASIC TRAINING SKILLS PARK
10. STRYKER LAKE

RIDING AREAS

1. FREEDOM TRAIL
2. PUMP TRACK
3. JUMP PARK
4. SKILLS PARK
5. DUAL SLALOM
6. DROP ZONE
7. LITTLE KIDS TRAIL
8. BIG KIDS TRAIL
9. LAKE JUMP
10. FLOATING WATER TRAIL

SPECIAL AREAS

1. MEMORIAL GARDEN
2. MEMORIAL OVERLOOK
3. PARENTS PERCH
4. GRIFFIN'S NEST
5. FOXHOLE
6. BILL SUMANSKY BRIDGE
7. TORRI SUMANSKY BRIDGE

TRAIL LOOPS

1. BASIC TRAINING TRAIL - 1 MILE
GREAT FOR FIRST TIMERS & BEGINNERS
2. FREEDOM TRAIL - 4 MILES
ADAPTIVE MTB TRAIL IS A GREAT WAY FOR BEGINNERS TO EXPLORE THE PARK.
3. STRYKER LAKE TRAIL - 2.5 MILES
GREAT FUN FOR BEGINNER-INTERMEDIATE LEVEL RIDERS WITH AMAZING VIEWS THE WHOLE WAY.

You will want to park at the south lot to start at Griffin. That lot is located close to the intersection of Oregon Church Road and Bono Road.

Griffin Bike Park : 4.5 miles

You will be following the Perimeter Trail. This trail will also sometimes go along with the Freedom Trail. Do not enter as you follow the perimeter trail, do not enter Alpha, Rock'n'Roll, Stryker, Buffalo, or any of the technical cycling trails. When you reach the start, do a second lap. Please be sure to stay on the perimeter trail as not all trails are multi-use trails for runners. For safety reasons be sure to wear bright colors and be very aware of your surroundings while running on the trails (You may leave the headphones at home for this one).

Griffin Bike Park Lite: 1.4

Start at the south end of the park where the RTP Start Sign is located. Follow the trail until you reach the turnaround sign, then head back to the start.