


30 for Freedom Turn by Turn Directions - 10K, Half-marathon and 30 Mile Run Directions

Start	Return directions
1. Head north on 14th Ave. for about 3/4 mile to 82nd Street.	1. Head west on cliff for approx. 1/2 mile to Johnny Cake
2. Turn left (west) on 82nd for 2 blocks to 12th Ave.	2. Turn right (north) on Johnny Cake Rd. for approx. 1/2 mile to the Highline Trail.
3. Turn right (north) onto 12th Ave for for about 2 blocks to American Blvd.	3. Turn left (west) on Highline Trail for approx 1/2 mile to Blackhawk Rd.
4. Important: Cross over to the north side of American Blvd. and turn right (east)	4. Sharp right turn (north) on Blackhawk for about 1/4 mile. After crossing bridge, turn left (west) to get back on the Highline Trail.
5. Head east on American Blvd. for approx. 2 miles to the first water station. 10K runners only: This is turn around for 10K runners. Refer to step 16 in next column for return directions.	5. Turn left (west) on Highline Trail for approx 1 mile to the water stop at Rahn Park.
6. Running trail continues eastward from American Blvd. for about 2 miles to Pilot Knob Rd.	6. From Rahn Park, turn right (north) on Nichols Rd. for approx. 1/2 mile to Diffley Rd.
7. Turn right (south) on Pilot Knob Rd. for about 1 mile to the water station. Half-Marathon runners only: This is the turn-around for the Half-Marathon. Refer to step 14 in the next column for return directions.	7. Turn right (east) on Diffley Rd. about 1 mile to Blackhawk Rd.
8. Continue south on Pilot Knob for about 1/2 mile to Central Pkwy.	8. Turn left (north) on Blackhawk approx. 1-1/2 miles to Blue Cross Rd.
9. Turn right (west) on Central Pkwy for about 1/2 mile to Yankee Doodle Rd.	9. Turn right (northeast) on Blue Cross Rd. to the water station.
10. Turn right (west) on Yankee Doodle for about 3/4 mile to Blue Cross Rd.	10. Continue northeast on Blue Cross Rd. to for about 1/2 mile to Yankee Doodle Rd.
11. Turn left (southwest) on Blue Cross for about 1/2 mile to the next water station.	11. Turn right (east) on Yankee Doodle for approx. 3/4 mile to Central Pkwy.
12. Contine southwest on Blue Cross to Blackhawk Rd.	12. Turn left (north) on Central Pkwy for about 1/2 mile to Pilot Knob
13. Turn left (south) on Blackhawk Rd. for about 1-1/2 miles to Diffley Rd.	13. Turn left (north) on Pilot Knob for about 1/2 mile to the water stop
14. Turn right (west) on Diffley for about 1 mile to Nichols Rd.	14. Continue north on Pilot Knob for about 1 mile. Just before going over Interstate 494, turn left (west) on the running path that runs along Interstate 494.
15. Turn left (south) on Nichols for about 1/2 mile to Rahn Park.	15. At the end of the running path along 494 is the next water station.
16. Turn left (east) into the entrance of Rahn Park to the next water station and the beginning of the Highline Trail.	16. Head westward on American Blvd. for about 2 miles to 12th Ave.
17. Continue eastward on the Highline Trail for about 1 mile to Blackhawk Rd.	17. Turn left (south) on 12th for about 2 blocks to 82nd Street.
18. Turn right (south) on Blackhawk Rd. for about 1/4 mile crossing over Interstate 35E.	18. Turn left (west) on 82nd Street for 2 blocks to 14th Ave.
19. Highline Trail continues after the bridge. Turn a sharp left (north) on Highline Trail for approx. 1/2 mile to Johnny Cake.	19. Turn right (south) on 14th Ave. for about 3/4 mile to the west entrance of Cedar Valley Church parking lot.
20. Turn right (south) on Johnny Cake Ridge Rd. for about 1/2 mile to Cliff Rd.	20. Follow the trail marked with orange cones to the finish line.
21. Turn left (east) on Cliff Rd. for about 1/2 mile to the 15 mile mark - water station	YOU MADE IT!!!! Way to go!!!
Congratulations, you made it half way!!!	

** Yellow highlights above indicate water station and portable restroom.