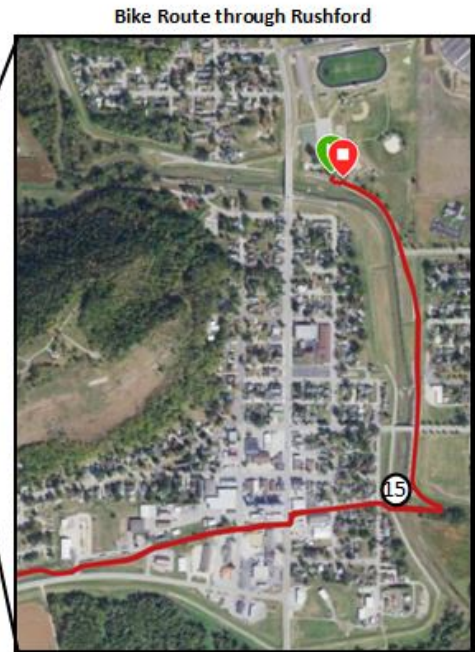




**RUN 3.1 MILES.** The run begins and ends at Creekside Park. Travel the Rush Creek Trail until veering left (east) onto the Root River Trail. Turn around at the 1.55-mile mark and cruise back the way you came.



**BIKE 15.5 MILES.** The bicycle portion also starts and finishes at Creekside Park. The Rush Creek Trail quickly takes you to the Root River Trail, where you will take a sharp turn right to head west. Use caution at the trail's intersections with city streets, but then plan on flying along the trail to Peterson. A volunteer will be waiting about two miles past Peterson to turn you around and offer water to refill your water bottles. The image below shows the 5, 10, and 15-mile markers, as well as an enlarged view of the route through Rushford.



**HIKE 2.1 MILES.** Start and finish the hike at Creekside Park. The hike goes under the Hwy 43 bridge, up and around to the sidewalk towards the bluff. Follow the signs to the trail. Switchback climb for a while before finding the stairs--all 300 of them! The staircase eventually ends, but the climb continues for just a bit longer. Don't forget to enjoy the view! A volunteer will be at the top to offer water bottle refills. Pink ribbons continue to mark the rollercoaster route as you circle the bluff and find yourself again at the base of the stairs...but this time you get to go down the bluff the way you came and back to Creekside Park.