



Course Information

Be sure to review the course map prior to racing and listen to the the [RaceJoy app](#) for cues as you run!

Lake Montebello, 2.7 Miles, [Course Map](#)

This course consists of two laps around Baltimore's famed Lake Montebello. **You should be starting at the crosswalk that connects the parking lot of the school to the path around the lake and heading right.** The run will consist of two loops of the paved "runner lane" around the lake! Street parking is available nearby.

Inner Harbor Promenade, 3.7 Miles, [Course Map](#)

Take in the beauty of Baltimore's Inner Harbor along the brick-paved promenade. **You should be starting in the Harbor East neighborhood directly on the promenade, equal to the set of steps closest to Central Avenue & heading right, keeping the harbor on your left.** Follow the promenade as it crosses between piers and around the harbor toward the Federal Hill neighborhood. Hit the turnaround just prior to the ramp up to Pierside Drive, and return the same way you came. The running surface is predominantly smooth brick, with short stretches over wooden bridges which can be rough in places. Paid parking is available on the street or nearby garages in Harbor Point.

Baker Park, 2.6 Miles, [Course Map](#)

Sitting on 58 scenic acres, Baker Park is truly a gem in the heart of Downtown Frederick. While we'd love to run throughout the entire park, multiple road crossings and runners pushing themselves for a good time are not a safe combination. **Park at Frederick High School and go down the steps across from the LED sign, cross the foot bridge to get to the lake loop. You'll start on the wooden bridge and head out to your right with the water on your left.** Our course weaves around Culler Lake on paved paths and sidewalks for a total of 3 loops. The surfaces include paved paths, cement sidewalks, and wooden bridges. Parking is available at Frederick High School, or along the streets surrounding the park in designated areas.

Ma & Pa Trail, 3.8 Miles, [Course Map](#)

The Bel Air course is a hilly out-and-back on the Ma & Pa Trail. **The route begins and ends at the wooden bulletin board adjacent to the Williams Street parking lot.** Runners will head out toward the Tollgate Road parking lot, turn around at the metal decorative arch, and head back to Williams Street. The trail is a crushed rock surface with sections of pavement. Parking is available in the Williams Street parking lot.

Quiet Waters Park, 2.6 Miles, [Course Map](#)

No course in Annapolis would be complete without some waterfront views! While Quiet Waters boasts an impressive and scenic trail network, we've opted for simplicity to avoid wrong turns and potential confusion. **Enter the park at 600 Quiet Waters Road, once you go through the entrance, drive into the park and turn right to park in the first lot by the Sassafras and Red Maple Pavilions. You will start at the stop sign where you enter the parking lot and turn left to go halfway around the loop, hook up with an out-and-back section to the waterfront, head back to the main loop to complete a lap around the park and end where you began.** With so much to explore here, you'll definitely want to save some energy for a trip through the trails later! Parking in the park is available for a \$6 fee per vehicle.

Centennial Lake, 4.8 Miles, [Course Map](#)

The path around Centennial Lake is one of the most popular running routes in Maryland. This course consists of a double lap around the lake on a paved path. **The route begins and ends just past the boat launch where 4 sidewalks intersect. You should be facing the boat launch dock and heading out to your right with the water on your left!** Parking is available in the South Area lots accessed off of Clarksville Pike.

Torrey C Brown Rail Trail, 6.61 Miles, [Course Map](#)

If you are looking for a flat, off-road running destination the Torrey C Brown Rail Trail (more commonly known as the NCR Trail) is the place to be. **The race route begins at the bottom of the paved path leading to the trail, (you should be starting with the bulletin board on your right!) turns around at Sparks Road (the only road you'll encounter on this course), and finishes back where you began at the parking lot access path.** The trail is a crushed gravel/dirt surface. Parking is available in the Paper Mill Road Parking Lot.