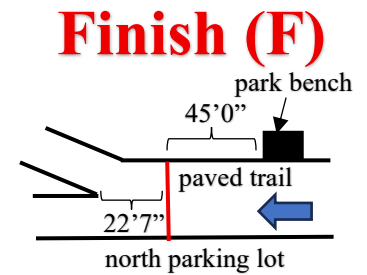
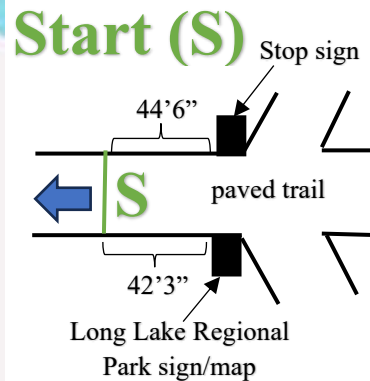


Shawn Silvera 5k

New Brighton, Minnesota

The course is entirely on the Long Lake Regional Park paved trails. Course measured on the Shortest Possible Route using the full width of the trails. All directions are given relative to the running direction.

- Start: On paved trail. 42'3" W of Long Lake Regional Park sign/map. 44'6" W of Stop sign.
 Mile 1: On paved trail. Center of #6 Water Tower and Pumphouse sign.
 TA: On paved trail. Even with Entrance to Long Lake Regional Park sign. 47'6" E of Rose Lane sign
 Mile 2: On paved trail. 27 feet SE of dirt trail in woods on W side of trail. Just SE of where paved path curves to the N.
 Mile 3: On paved trail. 52 feet NE of NE edge of crosswalk where paved trail crosses park road.
 Finish: On paved trail. 45'0" W of W edge of park bench and 22'7" E of E edge of where trail splits into two different directions.



Course Description: Start at the far N end of the park, on the N end of the N picnic area. Start heading W, then S on the paved trail. Stay on the outer trail and stay right at the fork at the public beach. Continue S to S end of Long Lake, then W on trail on S side of Beach Rd to turnaround on W side of Rose Ln. Return on same route to the public beach, then right at the fork in the trail. Continue to road crossing after 2nd parking lot. Continue N on trail, then west to cross walk. Cross road and head N on trail to the finish line on the N side of the N parking lot.

Measured by Mike Bialick
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Turnaround (TA)

