Iola Trail Run Course Map

Aid

2K: Green Trail (2 loops)
5K: Blue Trail
10K: Red Trail
15K: Blue Trail + Red Trail

Aid

Finish

Start

5K Course Beta

The 5K course is run on the blue route counterclockwise. It is marked with blue wired flags that will always be on the runner's right. It is one undulating loop. It is rolling to very hilly. The first .75 miles are on wide ski trail that transitions into slightly narrower ski trail until 1.25 miles where it again rejoins wide ski trail. At approximately 2 miles the trail jumps onto winding single track and except for two short wide ski trail sections, remains on single track until the last 100 meters. Each mile is marked. The aid station is at the finish. Most entries and exits of single track are marked with direction arrow signs.

15K Course Beta

The 15K course runs the 5K course first (see beta above) and then heads out on the 10K loop. The 10K loop is marked with red wired flags that will always be on the runner's right. Some (approx 2 miles) of the 10K course overlaps the blue 5K course. The 10K only sections are 80% wide ski trail and 20% winding single track. The 10K only sections are mostly rolling but there are a few significant hills. There are some two-way sections. Each mile is marked. Aid stations are located at 5K and 10K and again at the finish.

Kid's 2K Course Beta

The kid's 2K course consists of a 1K loop run counterclockwise twice. They will start and finish on the same lines as the 5K & 10K. The course is entirely grassy wide ski trail.