

## Smoothie Tuesdays: 4 Mile Run Series: June 28, July 26, Aug 16

### Staging Area Map



## Smoothie Tuesdays: Course Map

- Start on Oak Canyon Trail at gate
- Follow Oak Canyon to Sycamore Loop and turn left to follow the loop
- Left to return to Oak Canyon, then left on Horned Toad
- One off Horned Toad, turn left and continue on up Oak Canyon
- Cross Vista Ridge and transition onto Mule Deer (do not do up Skink)
- Run down Mule Deer, then turn left on to Pheasant Run. Cross creek bed.
- Turn right onto Wagon Wheel
- Go to the right in parking lot/corral area to get back onto Mule Deer and head back up (two-way course traffic)
- At the top, turn left on Vista Ridge and head back down to Oak Canyon
- Left on Oak Canyon to the finish (same as start area)

