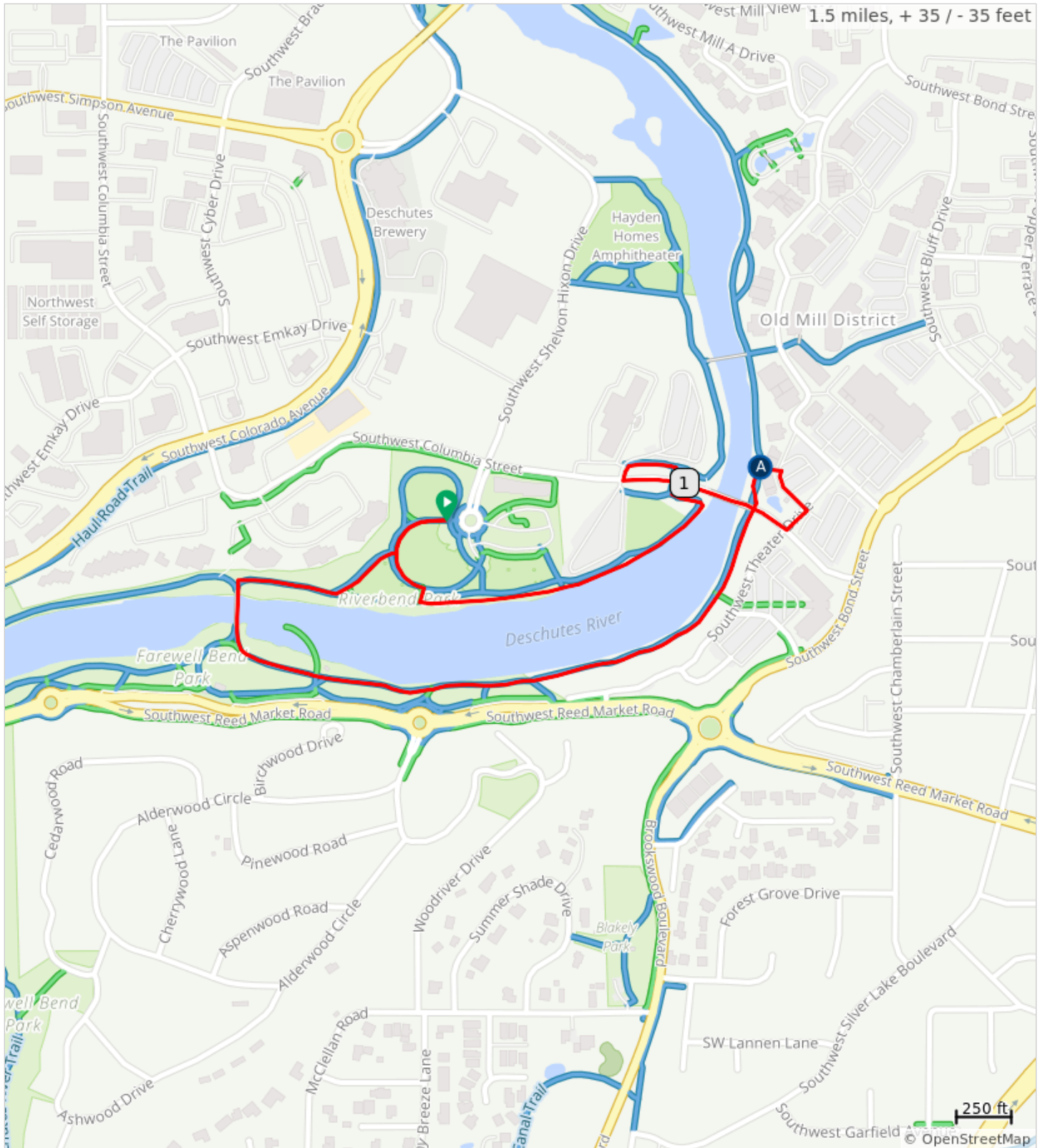
















Walk MS: Bend 1.5 Mile














A. Hydration Station/Rest Rooms



Walk MS: Bend 1.5 Mile

Type	Dist	Note
	0.0	Start of route
	0.1	Take a right
	0.1	Continue straight
	0.2	Take a left and cross the bridge
	0.3	Keep Left
	0.3	Continue Straight
	0.4	Continue Straight
	0.5	Continue Straight
	0.5	Continue Straight
	0.8	Continue Straight under the bridge through the tunnel
	0.8	HYDRATION STATION Stop for some water, take a moment to rest, and then continue on your way
	0.8	Take a right, head towards the main road
	0.9	Take a right
	0.9	Take a right and head across the bridge

0.9 miles. +15/-22 feet

Type	Dist	Note
	1.1	Take a right and loop to the right
	1.1	Continue right
	1.1	Right and go into the tunnel under the bridge
	1.1	Left
	1.2	Follow the path to the right along the water
	1.3	Continue straight
	1.4	Continue straight
	1.4	Right
	1.4	Left
	1.5	Continue straight back to the arch
	1.5	End of route

0.6 miles. +12/-14 feet