

**One Lap:** 3Miles

**Cut Off at Burnside:** 2 Miles

*Optional Sellwood Bridge loop 9 miles: (not shown on map) : across Hawthorne bridge and south on East Esplanade to Sellwood bridge. Cross Sellwood bridge and follow West riverfront trail back to Foot Traffic)*

**Extra options**

One Lap and one Cut Off lap: 5

One Lap and two Cut Off laps: 7

Three Laps: 9

