

The Punisher

Leg 1: Run 2 ½ Miles: (Same route as the Sprint Run) The Punisher starts on the road by the beach; heads towards the boardwalk; up the steps by the Visitor's Center; around the parking lot; and back to the main road; veer right into the woods; follow the marked trail; coming out at the north end of the park; back onto the road; stay to the right around the loop; turn left into the campground and follow the signs back to the main road; turn right by the Marina; follow loop around stay to the left past the pavilion; around the corner will cut across the grass to the beach area and the Kayaks.

Leg 2: Kayak 2 ½ Miles: After leaving the beach area turn right heading across the lake to the Illinois Bayou Boat Ramp; cross under the railroad bridge and Hwy. 64; veer left to the boat ramp.

Leg 3: Run 2 Miles: Head out of the park area; and right onto Hwy 64; right onto Mission Rd/ I-40 access road; at next intersection veer slightly left into Lake Ridge Estates; top of hill turn left; follow road back to Mission Rd; retrace steps back to the Boat ramp.

Leg 4: Bike 21 Miles: Follow same path as the run but at the intersection after crossing over I-40 turn right onto Dwight Mission Road; at stop sign turn left onto Pleasant View Road; right on Mill Creek Road; and take the next left onto Bailey Loop; left onto Dug Road; right onto Hwy. 333; right on Mill Creek; left onto Pleasant View Road; right onto Dwight Mission; left onto Mission Rd/overpass; left into park and back to the boat ramp.

Leg 5: Kayak 2 ½ Miles: Paddle back across the lake to the small beach next to the Pavilion. (Note: will not be the same beach you left from)