

Join us for the

## **Cedar River Half**

February 24, 2024, 9 am

## **Maple Valley Washington**

Out and back along the Cedar River Trail starting out at the Maple Valley Marketplace. The first 6.5 miles toward Renton on the Cedar River Trail out and back - 4.1 miles on slight downhill/uphill limestone trail and 9 miles on asphalt bike path. We will have 3 water stops with first aid and gel stations. The race starts promptly at 9 am. Mardi Gras Beads and Cedar River Half T-Shirts, hand towel, Cedar River Half Medalion and Cajun Chicken with festive Mardi Gras music awaits you at the



## Event details and schedule

Bib pick up starting at 8 am. Parking at the Maple Valley Marketplace 25719 Maple Valley - Black Diamond Road Maple Valley Washington. Temperatures are typically 40-50 F with chance of rain on race days in the past. Great views of Lake Wilderness and the Cedar River. Invite your Running friends!

## **Event details and schedule**

Bib pick up Friday February 23, 2023, from 4-7 pm at Road Runners Sports Bellevue (12200 Northup Way, Bellevue, WA 98005) and race day starting at 8 am. Parking at the Maple Valley Marketplace. Be sure to hydrate properly.

4.1 mile on slight up/down hill limestone then 9 miles of asphalt bike trail. Great views of Lake Wilderness and the Cedar River. Out and back flat and fast. New York City Marathon Qualifier. The winner receives the Golden Gnome award! Parking at Maple Valley Marketplace 25719 Maple Valley - Black Diamond Road Maple Valley Washington.

Register at: Active.com

finish. Ice cold Gatorade.