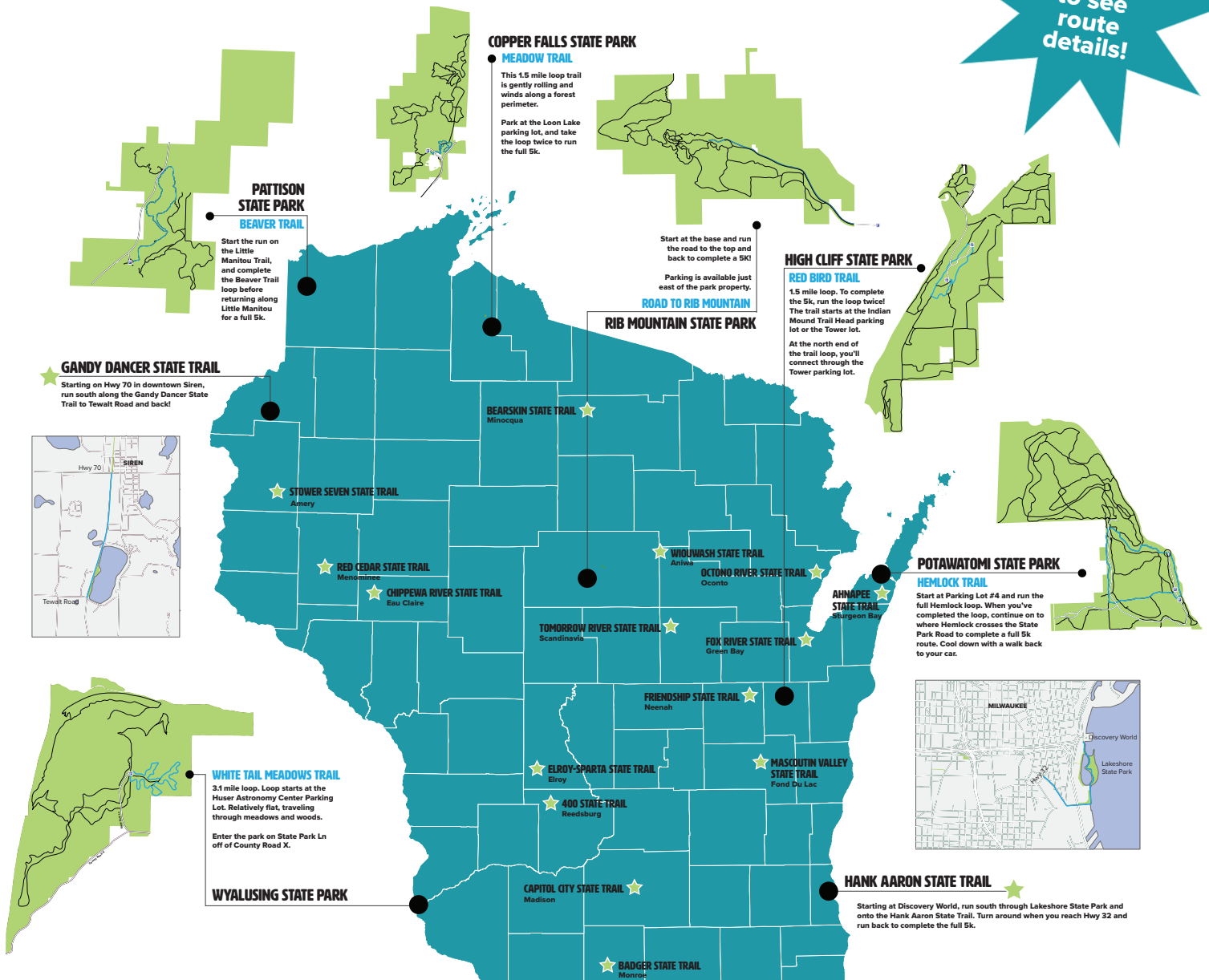


HAPPY LITTLE 5K ROUTES

The Happy Little 5k is a virtual race for the trees. You pick the pace and place to walk, run or roll your way to 5k, or 3.1 miles. Try completing your race at a Wisconsin state park, forest, trail or recreation area!

Check out these suggested routes!

Zoom in to see route details!



LEGEND

- Property Boundary
- Property Trail System
- Suggested 5k Route
- Road
- Parking Lot



UNIVERSAL ROUTES/TRAILS

These Wisconsin State Trails are universal routes. They are relatively flat with many sections that are paved or crushed limestone. These trails are great for all abilities to complete a 5k. Just head out in one direction for 1.5 miles before turning around. Or walk in one direction for about 30 minutes and then head back. The average adult walks at a pace of 20 minutes per 1 mile.

And don't forget to share your photos and results at the completion of the event!
Post your Happy Little 5k photos and share with us using #OutWiGo

Wisconsin State Park System – Suggested Happy Little 5K Routes



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Share here: <https://runsignup.com/Race/Photos/MI/Lansing/RunForTheTreesHappyLittle5K>

State Parks

Copper Falls State Park

Meadow Trail – This 1.5 mile loop trail is gently rolling and winds along a forest- perimeter. Park at the Loon Lake parking lot and take the loop twice to run the full 5k.

<https://dnr.wisconsin.gov/topic/parks/copperfalls>

High Cliff State Park

Red Bird Trail - 1.5 mile loop. To complete the 5k run the loop twice! The trail starts at the Indian Mound Trail Head parking lot or the Tower lot. At the north end of the trail loop you'll connect through the Tower parking lot.

<https://dnr.wisconsin.gov/topic/parks/highcliff>

Mirror Lake State Park

Check in at the park office for directions to the 5k route. This is the same route as the October S'More Fun Trail Run – get your practice steps in early!

<https://dnr.wisconsin.gov/topic/parks/mirrorlake>

Pattison State Park

Start the run on the Little Manitou Trail and complete the Beaver Trail loop before returning along Little Manitou for a full 5k.

<https://dnr.wisconsin.gov/topic/parks/pattison>

Potawatomi State Park

South Road Loop – This route follows S Norway and Shoreline Roads to complete a 5k loop before finishing at the Picnic Shelter. Find your starting location where the Ice Age Trail crosses Shoreline Road. Head south on Shoreline Road. Once you reach your starting point, continue on the paved trail to complete the loop before finishing at the Picnic Shelter.

Find a map of the 5k route here: <http://www.runwild.org/run-wild.html>
<https://dnr.wisconsin.gov/topic/parks/potawatomi>

Rib Mountain State Park

Road to Rib Mountain - Start at the base and run the road to the top and back to complete a 5K! Parking is available just east of the park property.

<https://dnr.wisconsin.gov/topic/parks/ribmt>

Wyalusing State Park

White Tail Meadows Trail - 3.1 mile loop. Loop starts at the Huser Astronomy Center Parking Lot. Relatively flat, traveling through meadows and woods. Enter the park on State Park Ln of County Road X.

<https://dnr.wisconsin.gov/topic/parks/wyalusing>

State Trails

★ **400 State Trail** - Park at the 400 State Trail Headquarters in Reedsburg. Follow the 400 State Trail for 1.55 miles and turn around to complete a full 5k!

<https://dnr.wisconsin.gov/topic/parks/400/maps>

★ **Ahnapee State Trail** - Starting at Harold Reckelberg Park Ahnapee State Trailhead in Luxemburg follow the trail to Rockledge Road before heading back.

<https://dnr.wisconsin.gov/topic/parks/ahnapee/maps>

★ **Badger State Trail** – Park at the Badger State Trail Trailhead in Oregon and continue on the trail until you reach the bridge at Sun Valley Pkwy. Turn around to complete 5k.

<https://dnr.wisconsin.gov/topic/parks/badger/maps>

★ **Bearskin State Trail** - From Bearskin Trailhead Park in Minocqua to Blue Lake Road in Rantz is a perfect 5k route! Or do half and turn around to compete 5k by the time you reach your starting point.

<https://dnr.wisconsin.gov/topic/parks/bearskin/maps>

★ **Capital City State Trail** – Park at Law Park on John Nolen Dr and follow the Capital City State Trail around the lake to Olin Park for a full 5k!

<https://dnr.wisconsin.gov/topic/parks/capcity/maps>

★ **Chippewa River State Trail** – Park at Owen Park and follow the trail North, crossing the bridge to reach Phoenix Park. Following the Phoenix Park footbridge continue down Graham Ave, turn right on E Grand Ave over the footbridge before heading back to Owen park to finish your 5k.

<https://dnr.wisconsin.gov/topic/parks/chipriver/maps>

★ **Elroy-Sparta State Trail** – From the Elroy Sparta Norwalk Trailhead head either East to Tunnel 2 or West to Tunnel 3 before turning around to complete a 5k in either direction!

<https://dnr.wisconsin.gov/topic/parks/elroysparta/maps>

★ **Friendship State Trail** - Starting in Brillion – This trail is 4 miles long to its end in Forest Junction. Select your distance as you follow this trail to complete the full trail or turn around at 1.55 miles to reach 5K by the time you reach your starting point.

<https://dnr.wisconsin.gov/topic/parks/friendship/maps>

★ **Fox River State Trail** - Starting at St. Francis Park follow the river south to Sunset Park and turn around to complete the 5k.

<https://dnr.wisconsin.gov/topic/parks/foxriver/maps>

★ **Gandy Dancer State Trail** - Starting on Hwy 70 in downtown Siren, run south along the Gandy Dancer State Trail to Tewalt Road and back!

<https://dnr.wisconsin.gov/topic/parks/gandydancer/maps>

★ **Hank Aaron State Trail** - Starting at Discovery World, run south through Lakeshore State Park and onto the Hank Aaron State trail. Turn around when you reach Hwy 32 and run back to complete the full 5k.

<https://dnr.wisconsin.gov/topic/parks/hankaaron/maps>

★ **Mascoutin Valley State Trail**

Start at the Trail Head in Fond Du Lac follow the trail for 2.5K and turn around

<https://dnr.wisconsin.gov/topic/parks/mascoutin/maps>

★ **Oconto River State Trail** - From the Oconto River Trail West Trailhead follow the trail until Funk Road and turn around to complete 5k.

<https://dnr.wisconsin.gov/topic/parks/oconto>

★ **Red Cedar State Trail** - Starting at Dunnville State Wildlife Area follow the trail North to the intersection at HWY Y and turn around.

<https://dnr.wisconsin.gov/topic/parks/redcedar/maps>

★ **Stower Seven State Trail** – Begin at Soo Line Park. Follow the trail to 115th St and back for a full 5k.

<https://dnr.wisconsin.gov/topic/parks/stower/maps>

★ **Tomorrow River State Trail** – From the Trail parking lot in Scandinavia, follow the trail until you complete 1.55 miles and turn around or continue on to complete a linear 5K before heading back.

<https://dnr.wisconsin.gov/topic/parks/tomorrow/maps>

★ **Wiouwash State Trail** – Park at the Wiouwash Trail Oakridge Road Parking Lot and follow the trail until the intersection at HWY T then turn around and head back!

<https://dnr.wisconsin.gov/topic/parks/wiouwash/maps>