COUGAR MOUNTAIN TRAIL RUN SERIES 2019

MAY 11
5.1-mile & 10.8-mile

JUNE 8
5k, 8.2-mile, 14.5-mile

JULY 13
5k, 10.8-mile, 19.5-mile

AUGUST 10
5k, 14.5-mile, 26.2-mile

OCTOBER 27
7.6-mile, 19.5-mile, 50k

Run through lush forest, fern-lined single-track, over hills and along marshes, just minutes from the city at King County's Cougar Mountain Regional Wildland Park.

Thanks to runners like you, this series has raised over $175,000 for King County Parks and contributed many hundreds of hours of trail work. Join Seattle Running Club and Northwest Trail Runs in carrying this legacy forward and making this year's event bigger and better than ever!

NORTHWEST TRAIL RUNS

King County | PARKS

Seattle RUNNING CLUB

www.CougarMountainTrailRunSeries.org