
THE COWTOWN
2026
16th Annual
Oct. 3
C.A.L.F.
Run
1MI 5K 10K
West Fork Trinity River
W Belknap St
W Weatherford St
N Henderson St.
W Peach St
Fort Worth City Hall
W 7th St
W 7th St
Museum Way
W Lancaster Ave
Forest Park Blvd
Parkview Dr.
I30 - West Fwy
Forest Park Blvd
Chisholm Trail Pkwy
W Rosedale St
LEGEND
5K Course
Road/Trail
Start/Finish
5K Mile Marker
Course Direction