



5K & 10K Directions



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| 1. Start at Tift Park (5th Ave.) | 12. Keep right on Davis |
| 2. Cross Monroe. Continue on 5th Ave. | 13. Keep right on 5th Ave. |
| 3. Left onto N. Madison | 14. Right onto 4th Ave. |
| 4. First right onto 4th Ave. | 15. Keep left onto 4th Ave. |
| 5. Right onto Rawson Dr. | 16. Left onto Harding |
| 6. Right onto 5th Ave. | 17. Left onto 3rd Ave. |
| 7. Continue onto Rawson Dr., going past 6th Ave. and 7th Ave. | 18. Left onto 2nd Ave. |
| 8. Right onto 7th Ave. | 19. Left on Van Buren |
| 9. Left onto N. Harding | 20. Right onto 3rd Ave. |
| 10. Left onto 6th Ave. | 21. Left onto Monroe |
| 11. Right onto 5th Ave. | 22. Cross over 5th Ave. to Finish |
| | 23. 10K runs course TWO times. |

1 mile Walk:



1. Start at Tift Park (5th Ave.)
2. Cross Monroe. Continue on 5th Ave.
3. Keep right on 5th Ave.
4. Right onto Rawson
5. Continue on to Davis St.
6. Keep left on 5th Ave.
7. Right onto 5th Ave.
8. Continue back towards Tift Park
9. Left on Monroe. Finish.

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