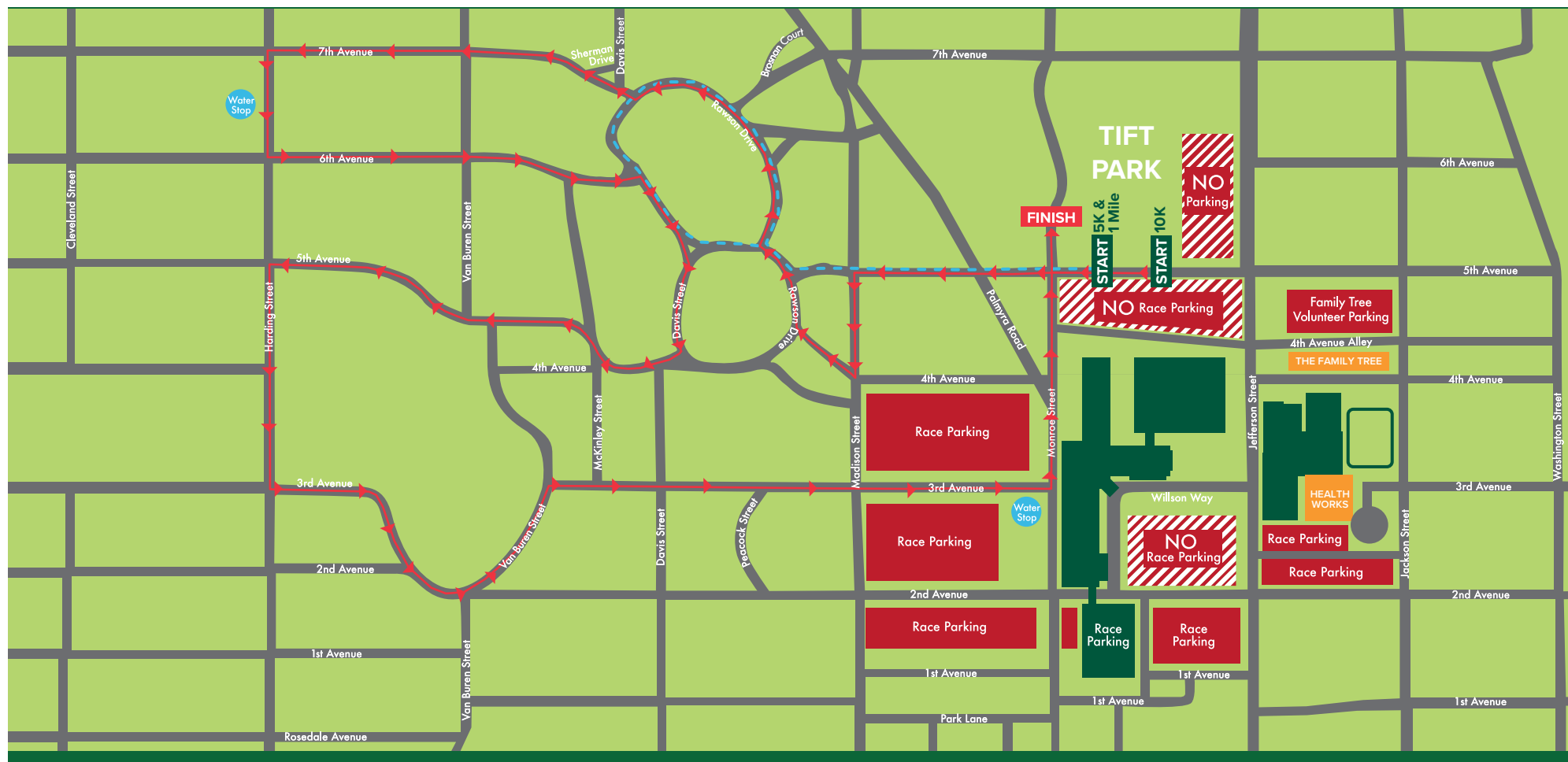




5K & 10K Directions

1. Start at Tift Park (5th Ave.)
2. Cross Monroe St. and continue on 5th Ave.
3. Left onto N. Madison St.
4. First Right onto 4th Ave.
5. Right onto Rawson Dr.
6. Stay Left onto 5th Ave.
7. Right onto Rawson Dr.
8. Continue on Rawson Dr. going past 6th Ave. and 7th Ave.
9. Right onto 7th Ave.
10. Left onto N. Harding St.
11. Left onto 6th Ave.
12. Right onto 5th Ave.
13. Keep right onto Davis St.
14. Keep right onto 5th Ave.
15. Right onto 4th Ave.
16. Keep left to stay on 4th Ave.
17. Left onto Harding St.
18. Left onto 3rd Ave.
19. Left onto 2nd Ave.
20. Left onto Van Buren St.
21. Right onto 3rd Ave.
22. Left onto Monroe St.
23. Cross over 5th Ave. to Finish
24. 10K runs course TWO times.

1 mile Walk:

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

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