

## 5k Course

- Starting facing west at Rio Grande park
- Head out down the Rio Grande trail
- Turn left at the Rio Grande trail intersection heading up towards the post office
- Cross Puppy Smith st
- Continue on the trail behind the post office and up behind the Red Brick center
- Run along Francis st
- Turn RIGHT at Francis and 7<sup>th</sup> st
- Run down 7<sup>th</sup> st to Meadows Rd
- Turn LEFT on Meadows Rd
- Past the tennis courts
- Turn RIGHT into the meadows
- Run through the meadows
- Run the perimeter of the institute up to Gillespie Ave
- Left on Gillespie down to Lake Ave
- Run alone Lake ave to Francis St
- Back down behind Red Brick and the post office
- Cross Puppy Smith st onto the Rio Grande trail
- Turn Right at the Rio Grande Trail intersection
- Rio Grande trail to the finish at Rio Grande Park