

## Race Course Directions for the 5K

**Start/finish: Merrill Park**



= Look for a volunteer



Follow the pathway towards the greenbelt (going left at the small pavilion)



Take a left onto the greenbelt



Take a right over the first bridge



Take a right at the end of the bridge and run along the river



Take a right at the end of the second bridge and stay on the main path



Run underneath the Eagle Road overpass (through the tunnel) and stay to the right on the new greenbelt path



Stay on this path until you see the first aid station and the orange turnaround cone.

Grab some water and head back the way you came: under the overpass, left over the first small bridge, left over the big bridge, left onto the greenbelt and then right into the pathway to Merrill Park.