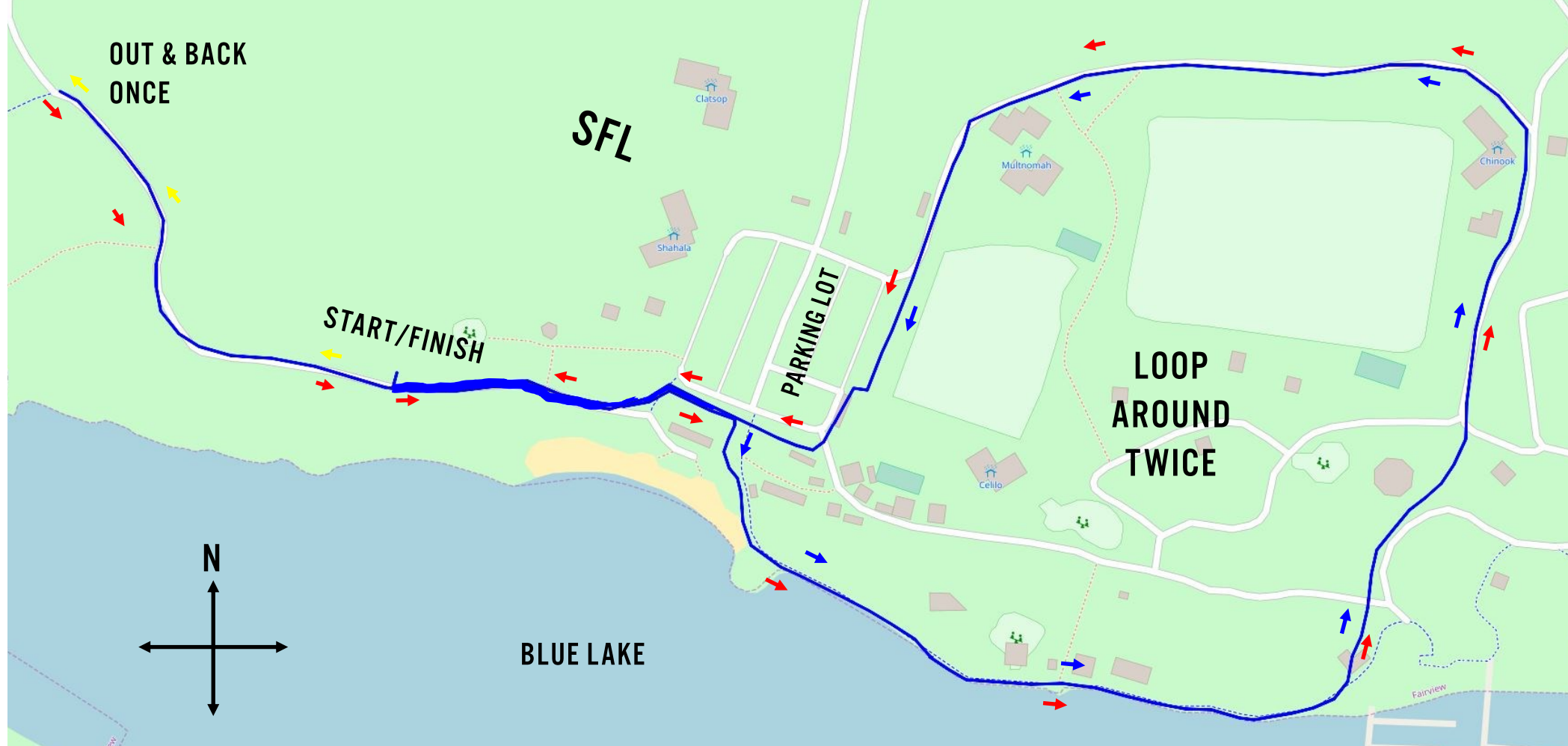




## 5K ROUTE:

- Begin at Start and turn right (heading west) and follow the route/course directors to the crosswalk on Blue Lake Rd.
- Cross the street (staying on the left) onto Marine Dr Trail for an out and back. Turn around at the posted sign.
- Cross the road again (staying on the left) and head SE along Blue Lake Rd and make a right back into the park at the posted sign (follow signs/course directors to proceed along the route through the park).
- Run along the lake and past Start/Finish continuing on the same route (now marked in red on the map) for an out and back.



## 2MI WALK ROUTE:

- Following **YELLOW** arrows on map, begin at Start, walk to the path and turn right, heading west, and follow the signs/path until coming to the turn-around. Turn around head back towards the Start/Finish Line now following **RED** arrows marked on the map.
- Continue walking past the Start/Finish and follow signs/course directors down along lake, through the park up and around past the parking lot .
- Turn Left towards the lake now following **BLUE** arrows on the map to loop around the park a second time. When coming around the parking lot follow **RED** arrows again back towards Start and cross the Finish Line to come back to SFL!



## SCHEDULE OF EVENTS

- |                |  |
|----------------|--|
| <b>8:00AM</b>  | <b>REGISTRATION &amp; CHECK-IN BEGINS</b>                              |
| <b>9:00AM</b>  | <b>FOOD, ACTIVITIES, VENDORS (UNTIL CLOSE)</b>                         |
| <b>9:15AM</b>  | <b>5K RUN BEGINS</b>   |
| <b>9:50AM</b>  | <b>PROGRAM</b>   |
| <b>10:15AM</b> | <b>WALK BEGINS</b>   |
| <b>11:30AM</b> | <b>RESULTS (EVENT TOTAL &amp;<br/>TOP FUNDRAISER ACKNOWLEDGEMENTS)</b> |

*\*RUNNERS MAKE SURE TO REGISTER/CHECK IN BEFORE 9AM.*