


# 5K RUN/WALK

- Race start/finish is at LONG FIELD, at the corner of Lincoln and Sheridan
- 5K starts south on Sheridan to Forest to Greenwood
- East on Greenwood to lakefront path
- North along lakefront path to Campus Drive
- North on Sheridan Rd. to finish

 First Aid is available on the northeast corner of Long Field



Posted mile marker



Parking garage



Water stations

Due to the size of the lakefront path, runners with baby joggers are not permitted on the 10K course.

Dogs are not permitted on either race course.

The use of headphones is strongly discouraged on road races, both for your safety and for the safety and consideration of other participants. With headphones on, you may not be able to hear vital instructions and are not as aware of runners around you.

Please watch for signage regarding your race on the course.

