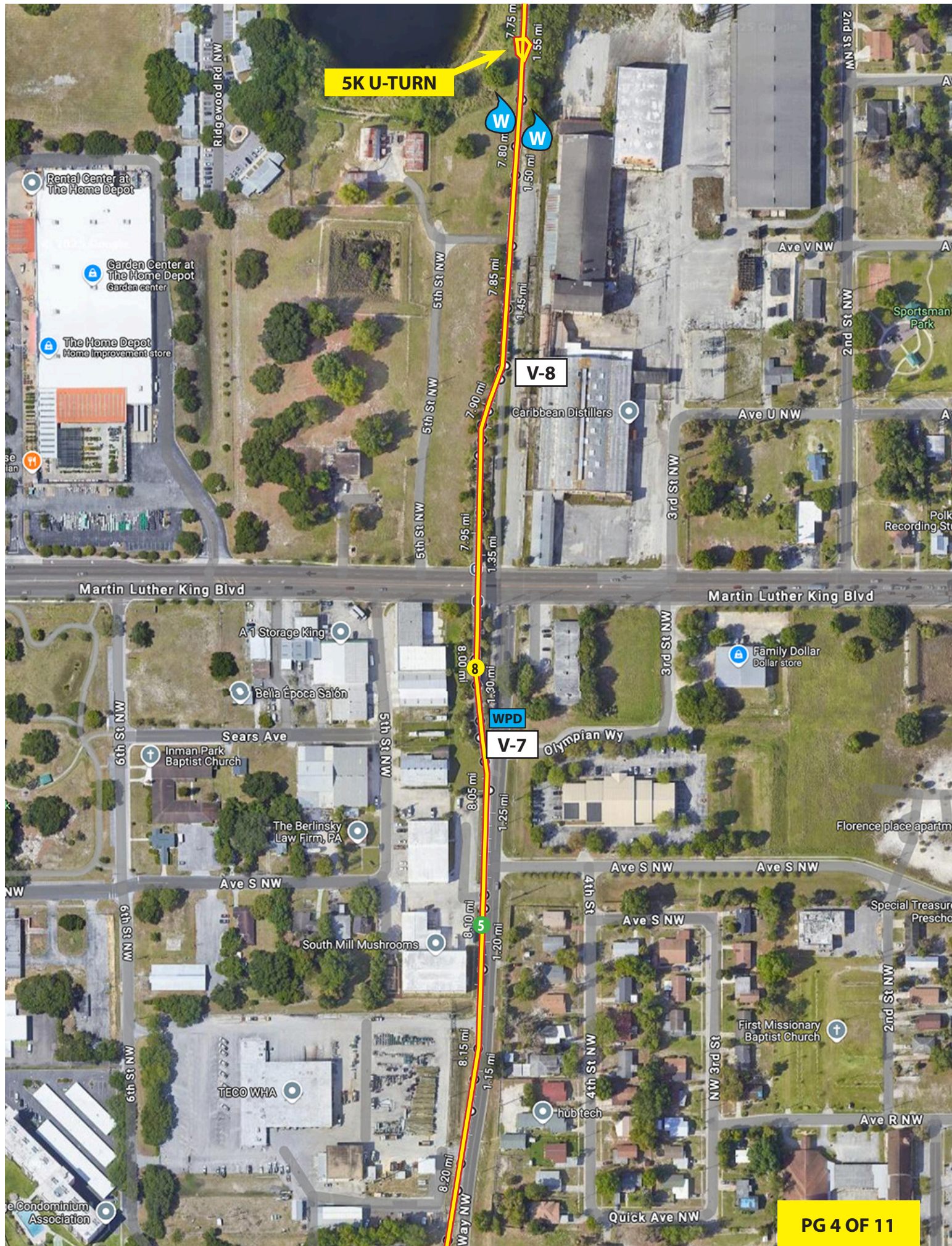


5K U-TURN



5K U-TURN

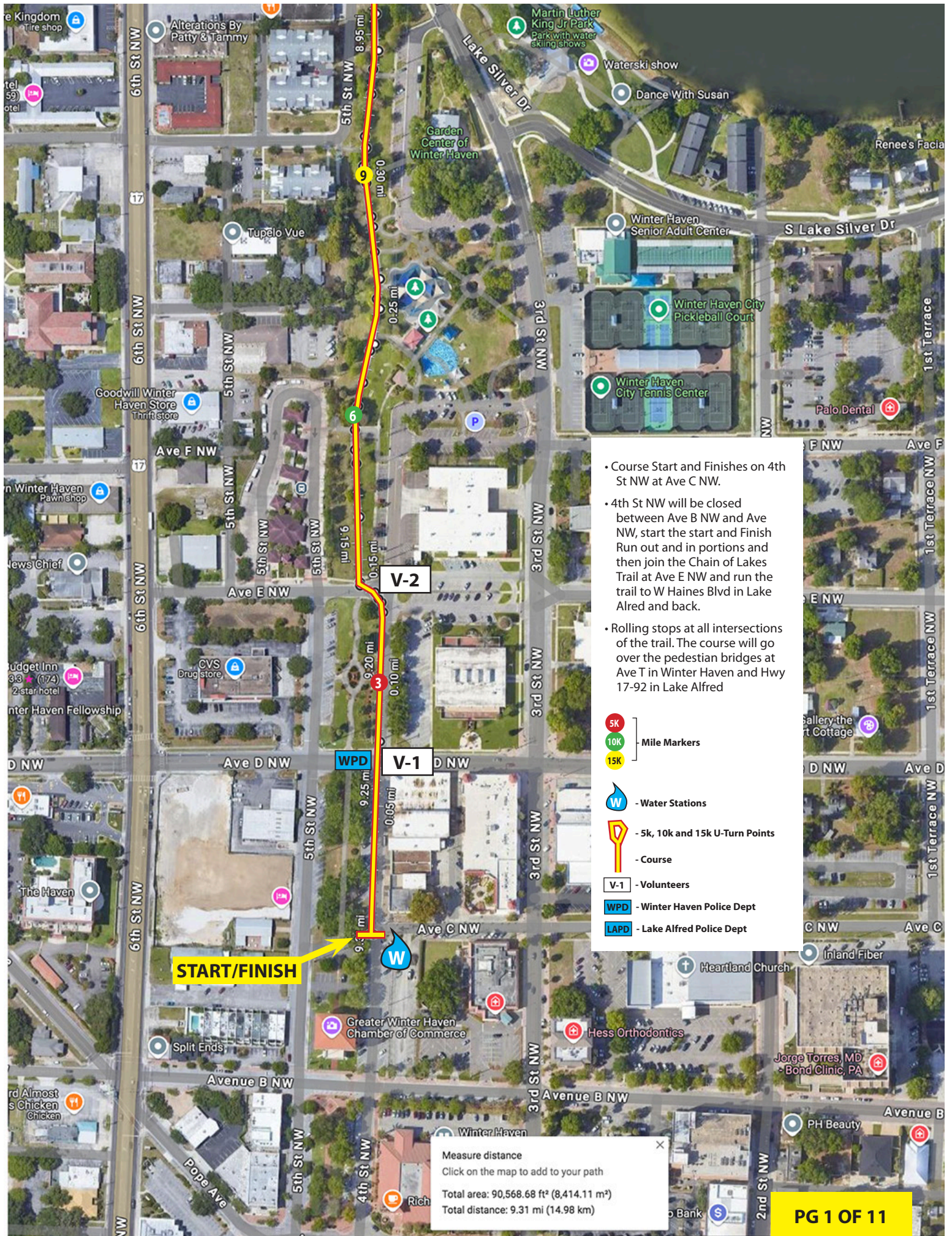
V-8

V-7

WPD







- Course Start and Finishes on 4th St NW at Ave C NW.
- 4th St NW will be closed between Ave B NW and Ave NW, start the start and Finish Run out and in portions and then join the Chain of Lakes Trail at Ave E NW and run the trail to W Haines Blvd in Lake Alfred and back.
- Rolling stops at all intersections of the trail. The course will go over the pedestrian bridges at Ave T in Winter Haven and Hwy 17-92 in Lake Alfred

- 5K } Mile Markers
- 10K }
- 15K }
- W - Water Stations
- U-Turn Points - 5k, 10k and 15k
- Course
- V-1 - Volunteers
- WPD - Winter Haven Police Dept
- LAPD - Lake Alfred Police Dept

Measure distance
Click on the map to add to your path
Total area: 90,568.68 ft² (8,414.11 m²)
Total distance: 9.31 mi (14.98 km)