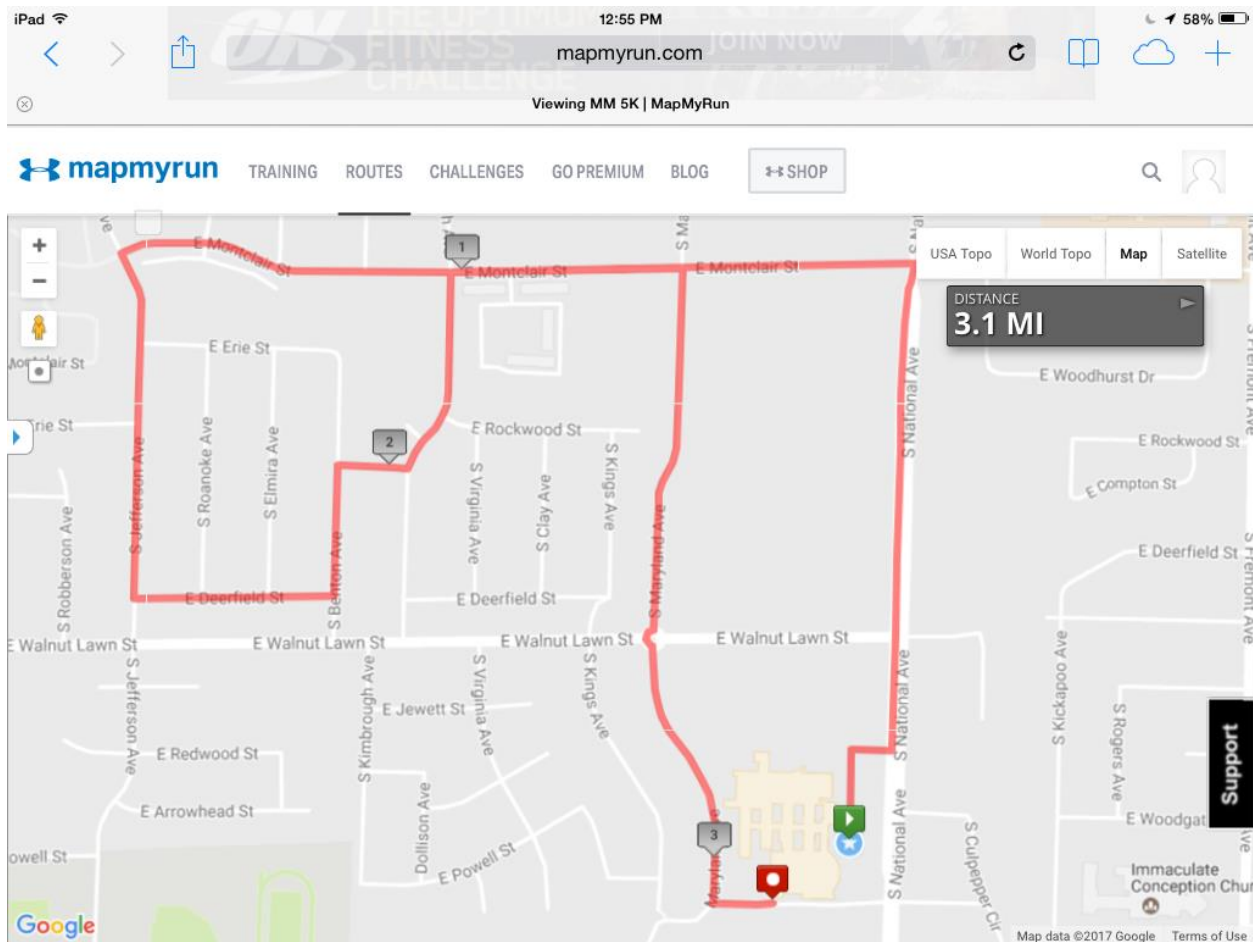


CoxHealth Medical Mile 5K

We will begin the 5K at 7:45 a.m. The staging area will be directly in front of the Meyer Center entrance on Meyer Center property. We will run north on National and all runners/walkers will be onto Montclair before the 8 a.m. cutoff. The finish line will be on the Cox parking lot, between the Meyer Center and the Bone and Joint Center.



Please ask runners to stay to the right and please know the direction you are sending them (straight or a turn).

If there are gaps in between runners and you think you can get a car through safely, please do.

