



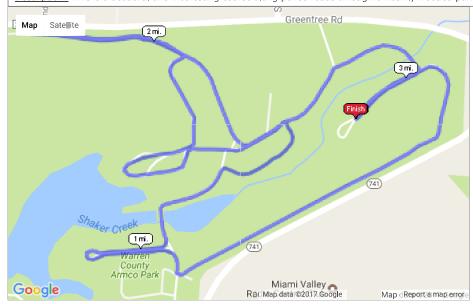


## Run 4 Home 5K

3.10 miles / 5.00 km Distance: Location: Start: Shelter 33

Armco Park - Lebanon, OH, US loop, mixed flat & hills, roads Attributes:

Description: This is a beautiful and interesting course along paved roads through a heavily wooded park area, with a brief view of the lake.



Added by Tom Ludeke on 6/7/2013

DISCLAIMER: USATF and the author of this route make no warranties as to the conditions, safety, distance accuracy, or suitability for running of this route. Run at your own risk!

















#### About

Associations Bylaws & Regulations Employment & Internships Organizational Directory Annual Report **Event Sanctions** Memberships Course Certification

### News

Athlete Bios Records Top-Marks Lists Committees Hall of Fame

# Sports

Track & Field Cross Country Road Running Race Walking Mountain / Ultra / Trail

### Groups

Youth Athletes Masters Athletes Elite Athletes Athlete Alumni Officials Athlete Representatives **Event Directors** Media

#### **Events**

Search the Calendar Team USA Events National Championships USA Running Circuit **USATF** Championship Series Television Schedule **USATF Annual Meeting** 

## Customer Service

Log In Individual Memberships Club Memberships Store Returns & Exchanges Store Affiliate Program Contact Us Privacy & Other Policies

© 2001-2017 USA Track & Field, Inc. All Rights Reserved.

Select Language | ▼