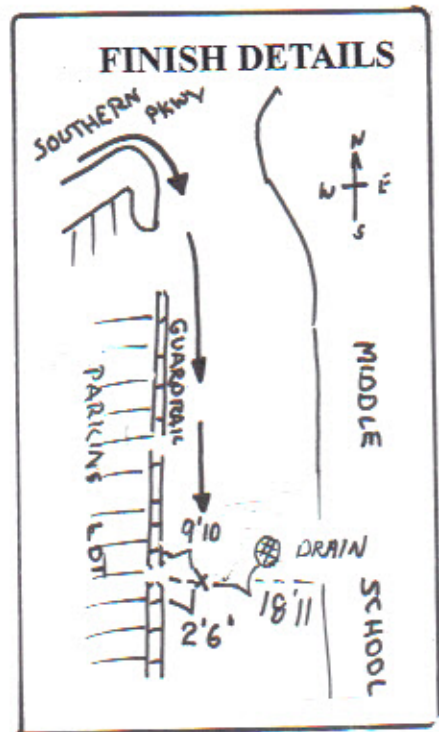
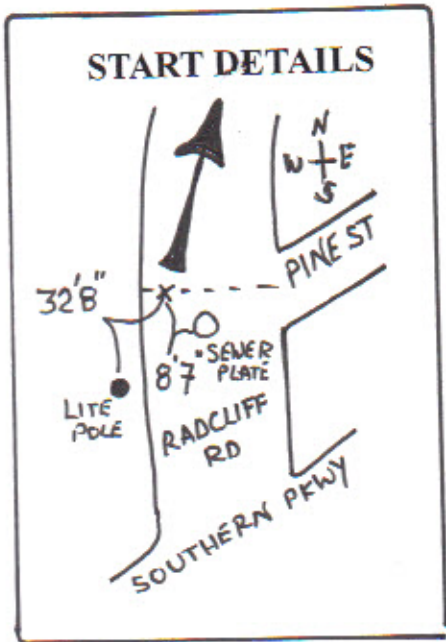
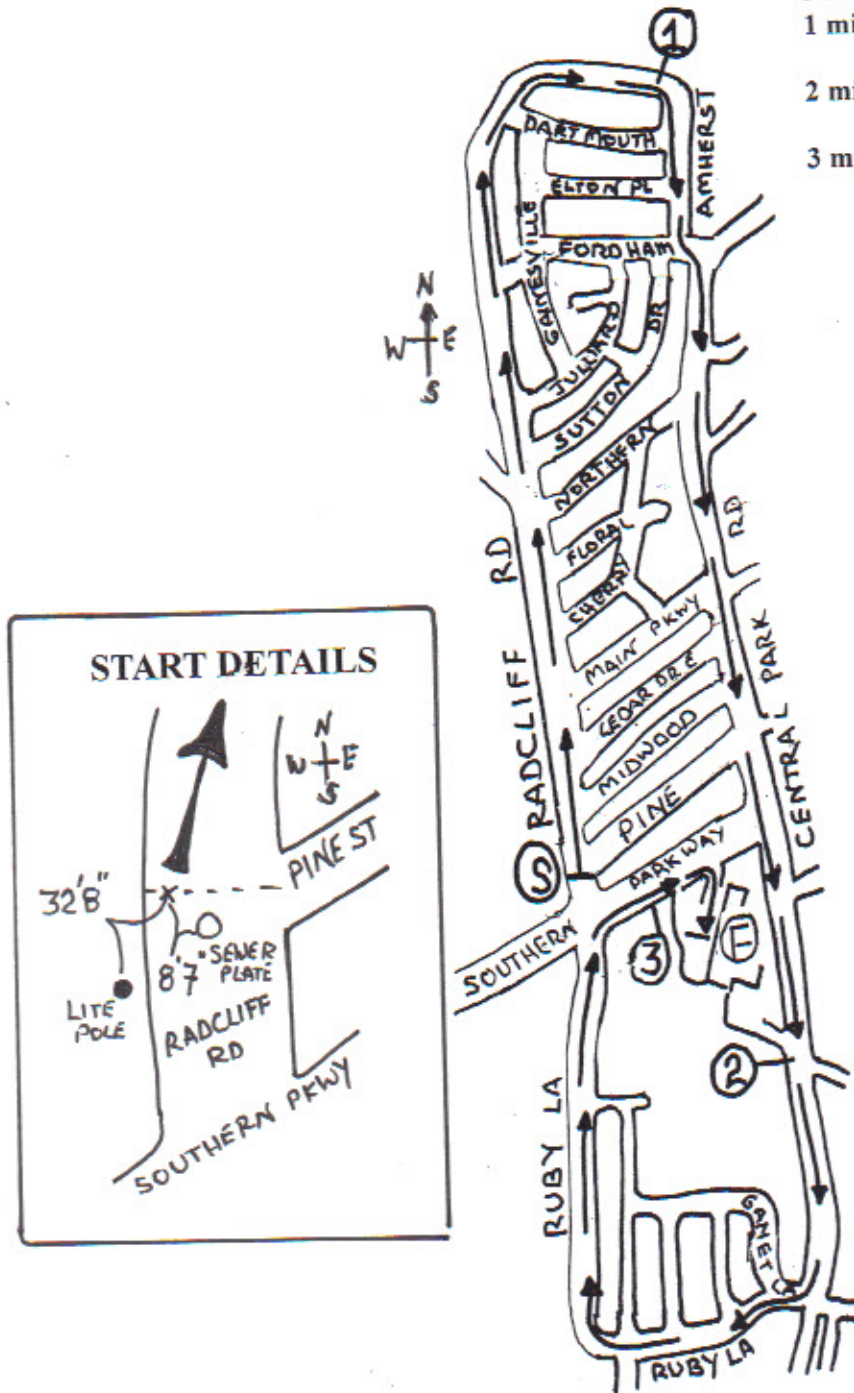


HEART AND SOLE 5K

Plainview, NY

Mile Mark Locations:

- 1 mi: South side of Radcliff Rd, 4 ft west of lite pole/street sign @ Radcliff & Amherst
- 2 mi: West side of Central Park, 47 ft north of stop sign @ Elaine Pl
- 3 mi: South side of Souther Pkwy midway between driveway and walkway to house # 42



Measured by G. Westerfield 7/12/2016
 631-834-9340 gwesterfield@verizon.net