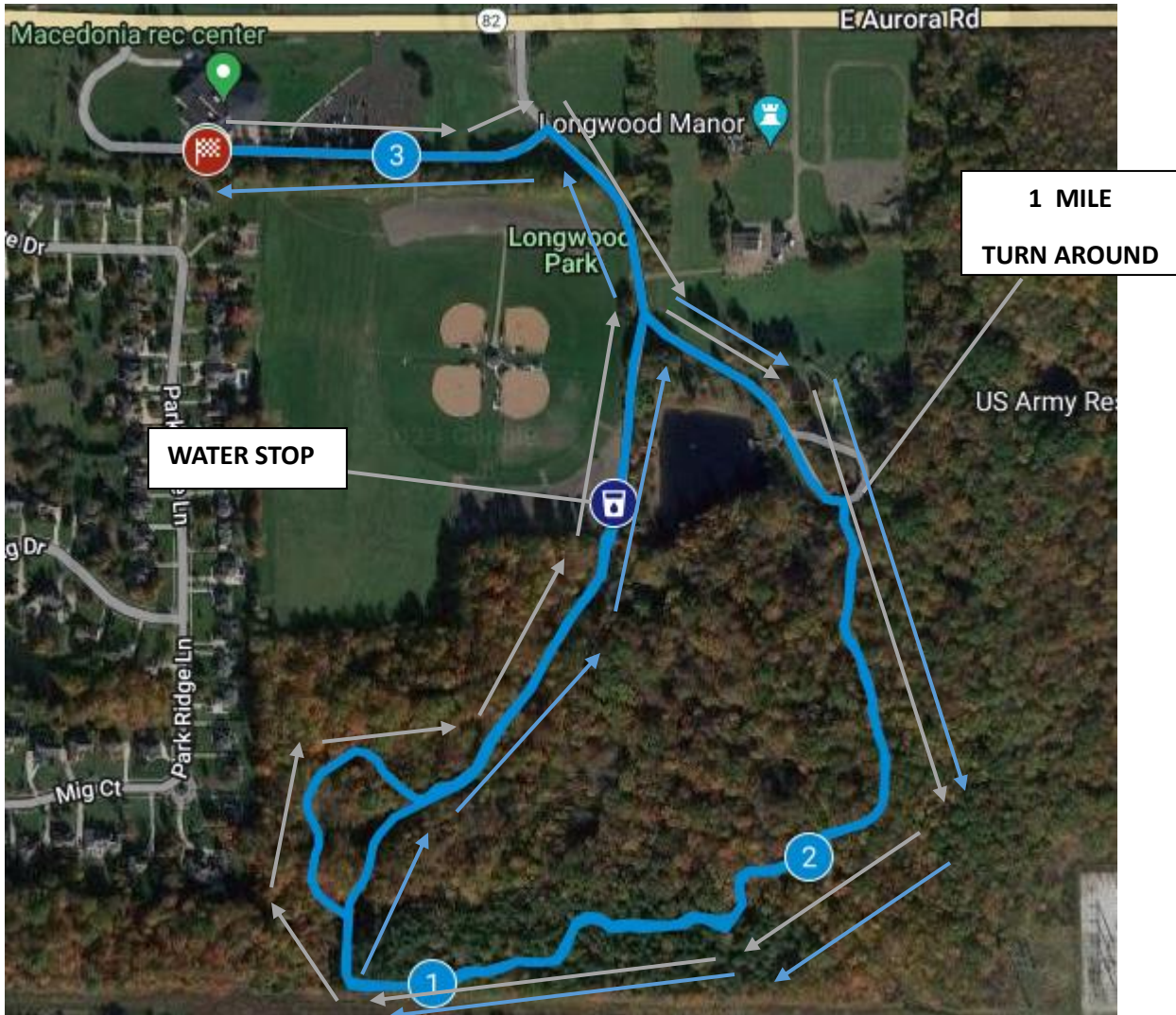


Mac Rec

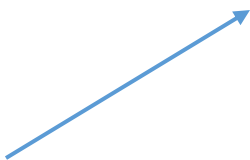
5K and 1 Mile Course Map



First Loop:



Second Loop:



START: Macedonia Rec Center entrance

- Head east on road
- Turn right toward Longwood Park
- Follow road to turnaround circle

1 MILERS TURNAROUND AT CIRCLE AND HEAD BACK TO REC CENTER

- 5K runners continue on trail
- Follow arrows and cones around the trail
- Exit trail and continue on road
- Turn right to begin second loop
- Follow arrows and cones around the trail
- Turn right onto new trail (arrows, cones and volunteer will direct you)
- Exit trail and continue on road
- Go straight toward Macedonia Rec center
- Turn left to continue toward Macedonia Rec Center

FINISH: Macedonia Rec Center Entrance