



“Get Your Rear in Gear” 5K run/Walk course

- Start between South tower canopy and stand alone elevator
- Go South down the hospital driveway winding down to Merritt Drive
- Turn left on Merritt Drive
- Merritt Drive turns into Water Street
- Continue on Water Street
- Turn Left on Washington Street
- Turn left on Elm Street
- Turn left on 12th Street
- Turn right on Merritt Drive
- Turn right on driveway heading back up to starting point
- Finish line

- 1 mile mark is past the railroad bridge across from the park
- 2 mile mark is past the railroad bridge, this side of M H Home Medical Equipment
- 3 mile mark is as your going up the hospital driveway
- 3.1 mile (5K) mark at starting point / Finish line

Start
Finish