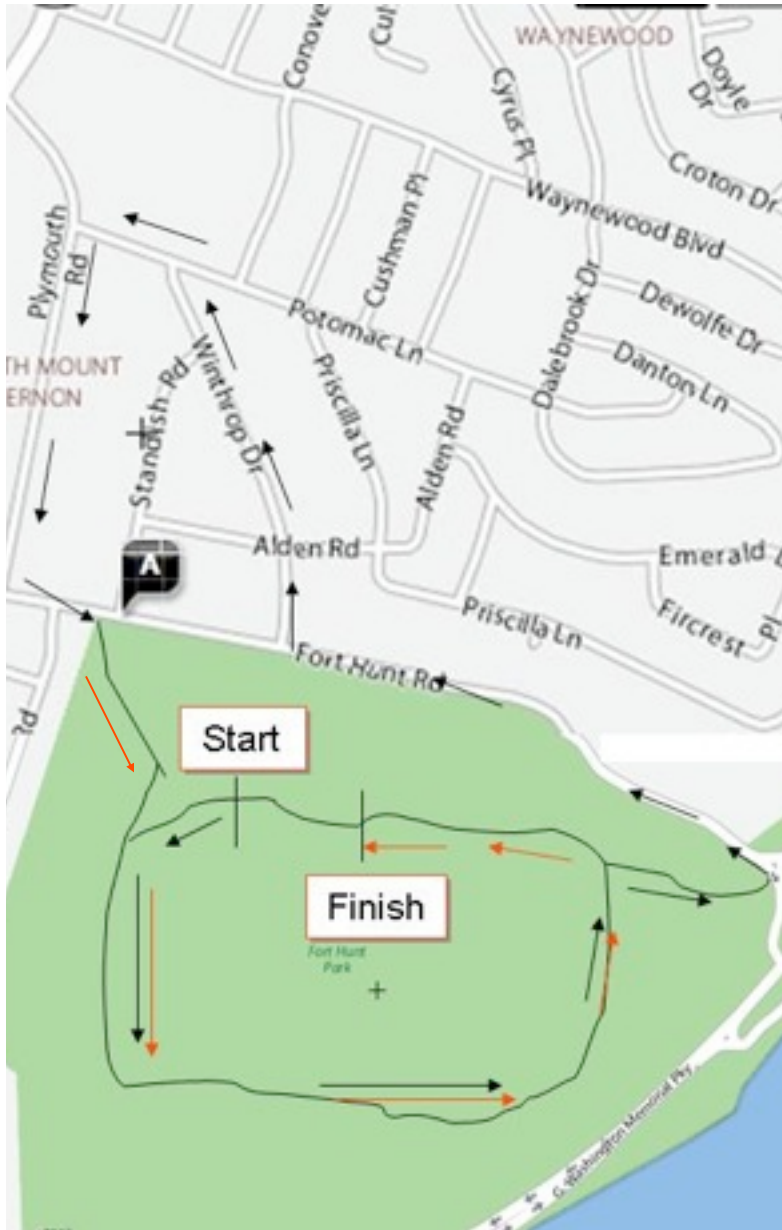


Get Your Rear In Gear 5K and Tony Snow Mile for a Miracle



Race Route

- 1 Mile Races are one lap of FH Park
- 5k makes one partial lap (see black arrows), then leaves the park through the Main Gate
- 5k follows road (see black arrows) as follows:
 - L on Old FH Rd
 - R on Winthrop
 - L on Potomac
 - L on Plymouth
 - L on Old FH Rd
- 5k returns to park via back gate and makes one final lap (see red arrows)