

7th Annual Running with Friends 5K

Sunday, September 11, 2016 at 10 AM

Benefits the Arlington Council on Aging

Learn more and register online at: www.FriendsArlingtonCOA.org

"USATF CERTIFIED"

*Post-race awards, prizes for runners and celebration!
Door Prizes, Kids Table, Pizza, Music, and More!*

Free T-shirt for first 300 entrants!

Electronic Bib-Tag Timed

******* Is a fairly flat, fast course *******

Race capped at 500, and held rain or shine

Age divisions from youth to senior citizen

Join us for celebration and festivities!

Race course and directions to follow.

Starting from Town Hall on Massachusetts Ave

1 Head east on Massachusetts Ave toward Court St

2 Turn right at Orvis Rd

3 Turn left at Brooks Ave

4 Turn left at Varnum

5 Turn right at Herbert Rd

6 To Magnolia Park across from Magnolia St

Destination is the Magnolia Park on the right

Return is along the Bike Path - Enter Bike Path from the Park.

7 Follow Bike Path to Pond Lane cut off.

8 Head Northwest on Pond Lane toward Pond Terrace

9 Take the 2nd right onto Lombard Terrace

10 Take the 1st left onto Lombard Road

11 Turn left at Pleasant Street

12 Take the 1st right onto Maple Street

Arrive at Maple Street Finish

