

START TO BELL CURVE  
TO TURN AROUND  
TO BELL CURVE  
TO HALF MILE LOOP COUNTER CLOCKWISE  
TO FINISH





**3K**

START TO BELL CURVE  
TO DOG PARK  
TO BELL CURVE  
TO HALF MILE LOOP COUNTER CLOCKWISE  
TO FINISH





# 4K

START TO BACKSTRETCH  
TO SOCCER LOOP CLOCK WISE  
TO BACKSTRETCH INSIDE  
TO BELL CURVE  
TO DOG PARK  
TO BELL CURVE  
TO HALF MILE LOOP COUNTER CLOCK WISE  
TO FINISH





## 5K

START  
TO BELL CURVE  
TO DOG PARK  
TO BELL CURVE  
TO BACKSTRETCH  
TO SOCCER LOOP CLOCK WISE  
TO BACKSTRETCH INSIDE  
TO BELL CURVE  
TO TURN AROUND  
TO BELL CURVE  
TO HALF MILE LOOP COUNTER CLOCKWISE  
TO FINISH

