

## Zero Prostate Cancer 5K Course – approx. 350 runners



Start @ the entrance to the NW tunnel from the music concourse.

Runners proceed through tunnel to the playground and use the footpath to climb up to JFK.

Runners make a right onto JFK and head west using the right side of the road.

Runners turnaround just before the transverse bridge.

Runners head back on JFK heading east using the right side of the road.

Runners make a left onto Conservatory Dr.

After making a counter clockwise look on Conservatory Dr. runners will make a right to return onto JFK.

Runners return heading west on JFK to 8<sup>th</sup> AVE

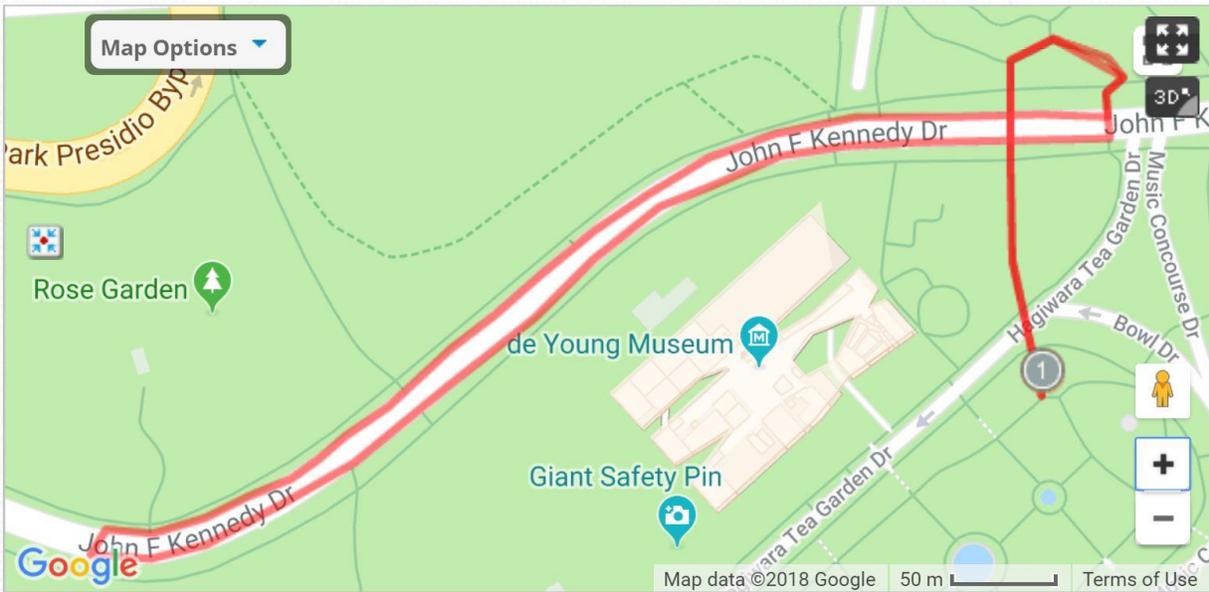
At 8<sup>th</sup> AVE runners will move onto the footpath and make their way back down to the playground.

Runners make a left through the tunnel and finish through the tunnel at the music concourse.

\*Course monitors will be placed at the entrance to JFK, the turnaround at transverse, the left onto Conservatory Dr and the right back onto JFK.

\*We will have 1 water station at the halfway point on the South side of JFK @ 8<sup>th</sup> AVE.

## Zero Prostate Cancer 1 Mile – approx. 50 runners



Start @ the entrance to the NW tunnel from the music concourse.

Runners proceed through tunnel to the playground and use the footpath to climb up to JFK.

Runners make a right onto JFK and head west using the right side of the road.

Runners turnaround just after the crosswalk at the Rose Garden.

Runners head back on JFK heading east using the right side of the road.

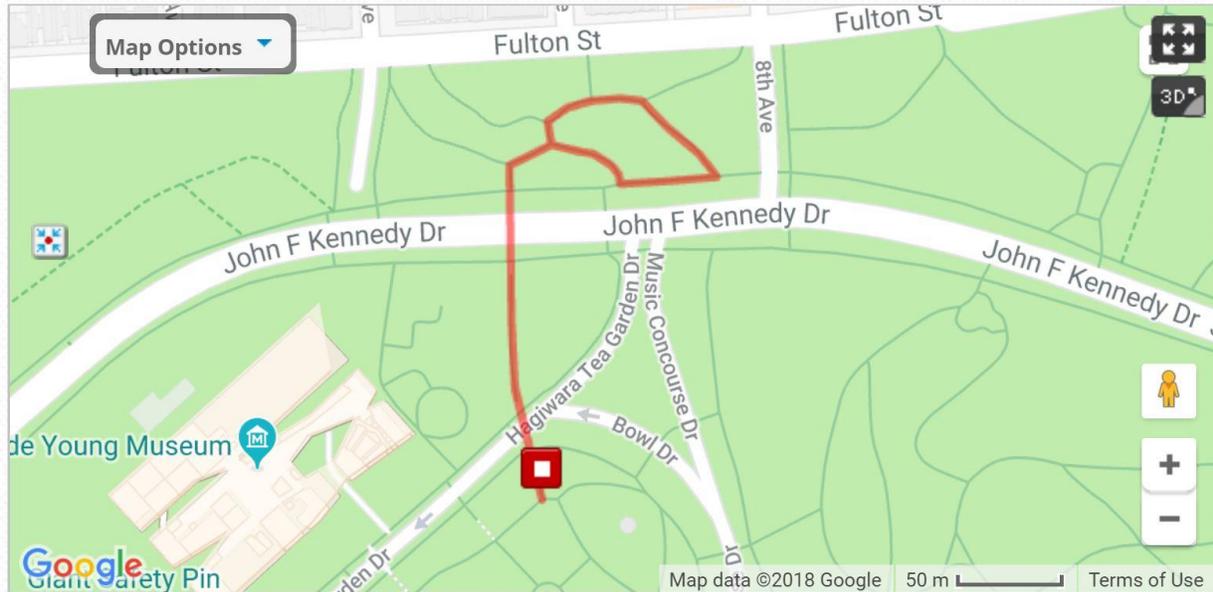
Runners make a left back onto the footpath to return to the playground.

Runners make a left through the tunnel and finish through the tunnel at the music concourse.

\*Course monitors will be placed at the entrance to JFK, the turnaround at the rose garden and the left off JFK back to the playground.

\*There will be no water stations on the 1 mile course.

## Zero Prostate Cancer Kids Dash – approx. 50 runners



Start @ the entrance to the NW tunnel from the music concourse.

Runners proceed through tunnel to the playground and use the footpath to climb up to JFK.

Runners make a left on the footpath that parallels JFK make a counter clockwise loop around and back down to the playground.

Runners make a left through the tunnel and finish through the tunnel at the music concourse.

\*Course monitors will be placed along the footpath loop up to JFK and back down to the playground.

\*There will be no water station on the Kids Dash course.