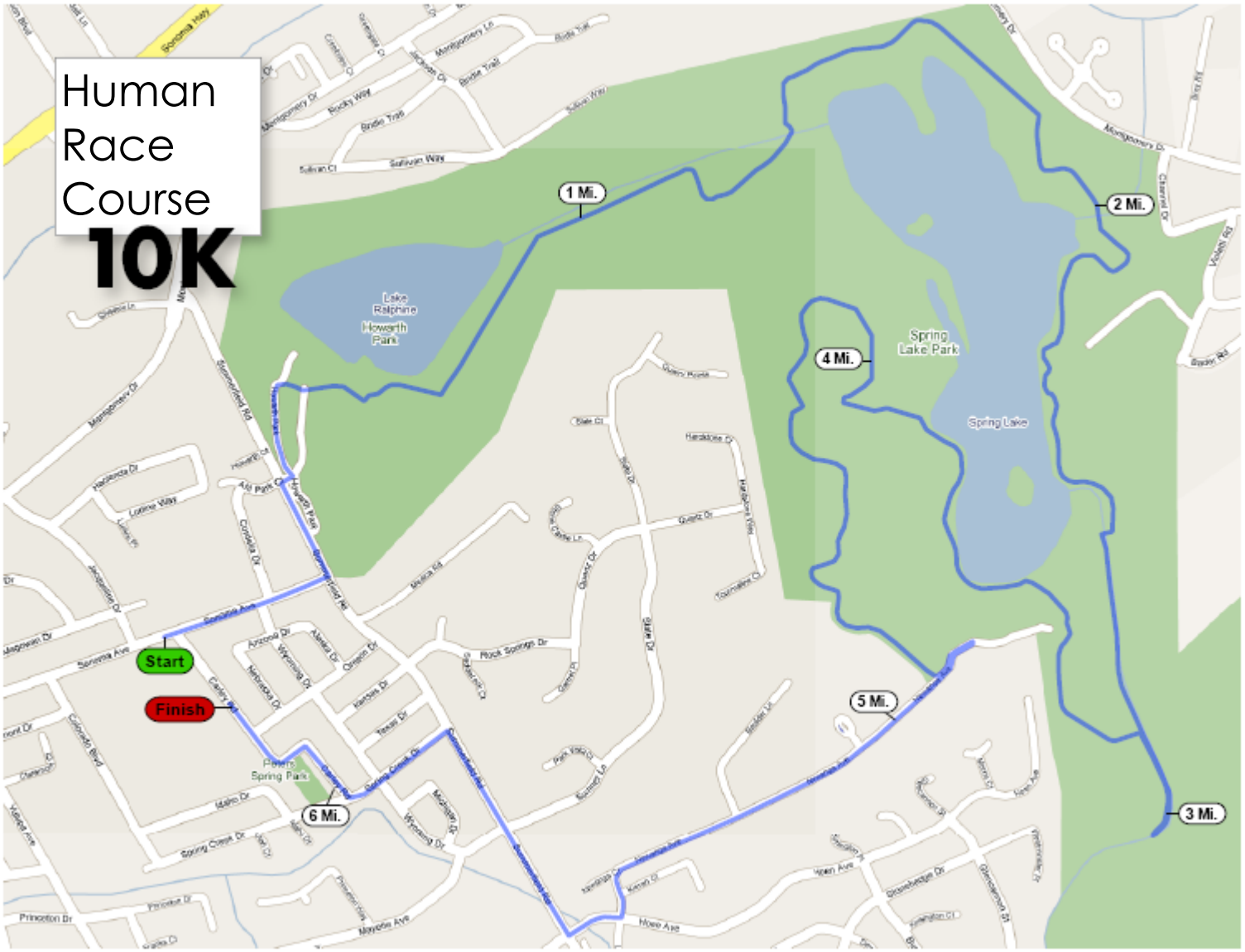
Human
Race
Course
10K
1 Mi.
2 Mi.
3 Mi.
4 Mi.
5 Mi.
6 Mi.
Start
Finish
Lake
Ralphine
Howarth
Park
Spring
Lake Park
Spring Lake