



5K COURSE

- Start on Canal Street in front of Post Office
- South on Canal
- LEFT into the YMCA
- Around the Perimeter of the parking lot
- LEFT out of the YMCA
- South on Erie
- LEFT onto Millfield
- 180 turn on Millfield
- LEFT onto Erie
- RIGHT onto path to the Towpath
- RIGHT onto the Towpath
- Left into St Helena Parking
- Finish

