



12<sup>th</sup> annual **TRAC**  
Community Run

Sunday, May 28

9:00 am Start

Mother Margaret Mary High School

[www.runningroom.com](http://www.runningroom.com)

10K, 5K, 3K & 1.5K Distances



JUICE/WATER STATION

0.75 KM (1.5K RUN/WALK TURNAROUND POINT)

1.5 KM (3K RUN/WALK TURNAROUND POINT)

1 KM

START/FINISH

WATER STATION

WATER STATION

2.5 KM (5K RUN TURNAROUND POINT)

3 KM

4 KM

5 KM (10K RUN TURNAROUND)

0 ← indicates Run Marshall

← indicates Walkway/Pathway