



5K Route Directions

START at the archway and proceed through the parking lot
TURN LEFT to exit the parking lot onto Lake Brook Drive
TURN LEFT before the Exxon Station into the Owens and Minor Parking Lot
TURN LEFT after running through the parking lot, onto Cox Road
CROSS to the other side of Cox Road after the median ends, to the far side
CONTINUE down Cox Road for approximately one mile
LOOP Around the Chemtreat Building after the water stop
CONTINUE down Cox Road
TURN RIGHT into the parking lot at Owens and Minor
TURN RIGHT onto Lake Brook Drive
TURN RIGHT into the Capital Square Parking Lot
LOOP around the Capital Square Parking Lot
TURN RIGHT onto Lake Brook Drive and stay straight
TURN RIGHT near the building and head to the finish line!

