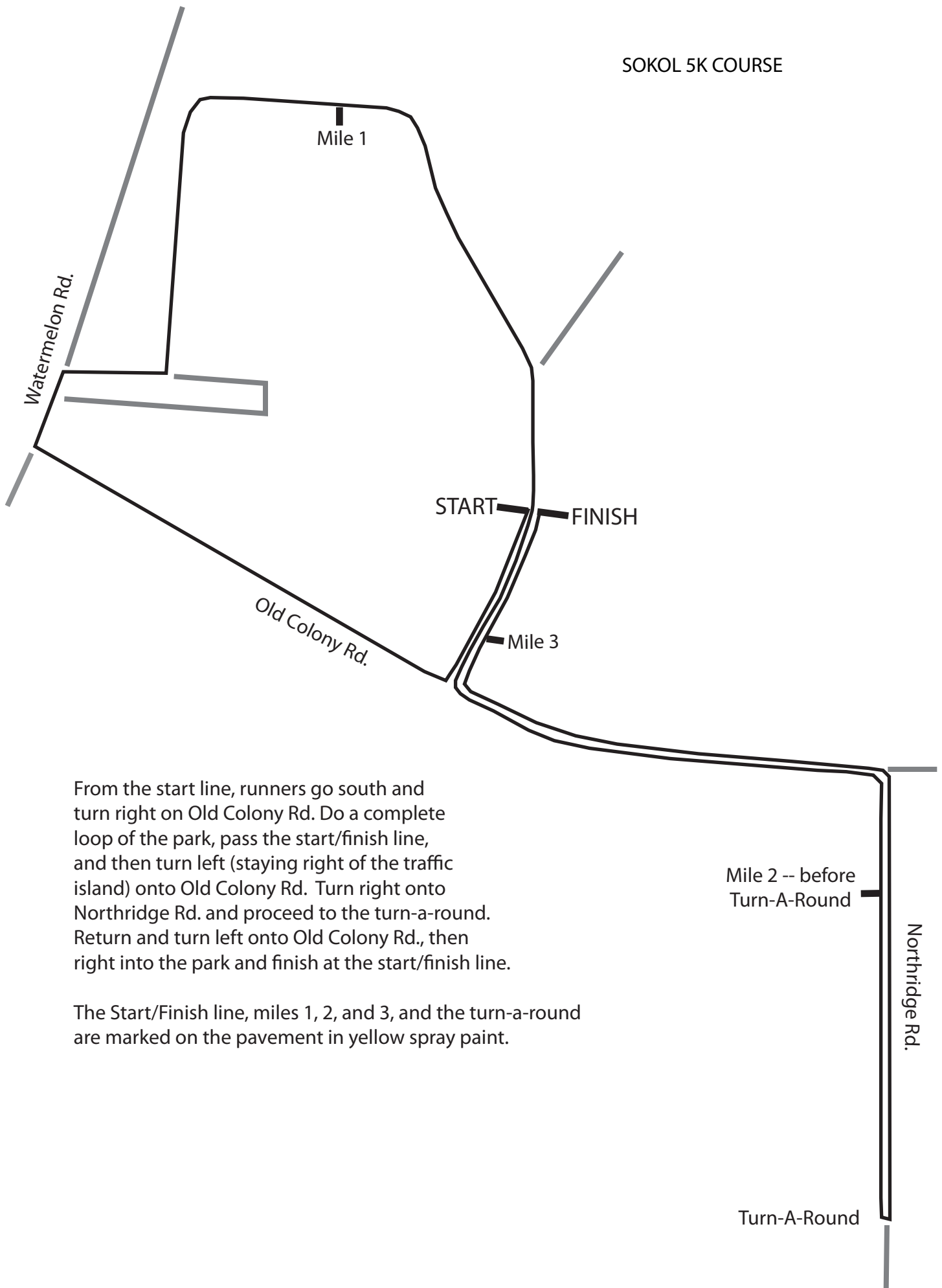


SOKOL 5K COURSE



From the start line, runners go south and turn right on Old Colony Rd. Do a complete loop of the park, pass the start/finish line, and then turn left (staying right of the traffic island) onto Old Colony Rd. Turn right onto Northridge Rd. and proceed to the turn-a-round. Return and turn left onto Old Colony Rd., then right into the park and finish at the start/finish line.

The Start/Finish line, miles 1, 2, and 3, and the turn-a-round are marked on the pavement in yellow spray paint.