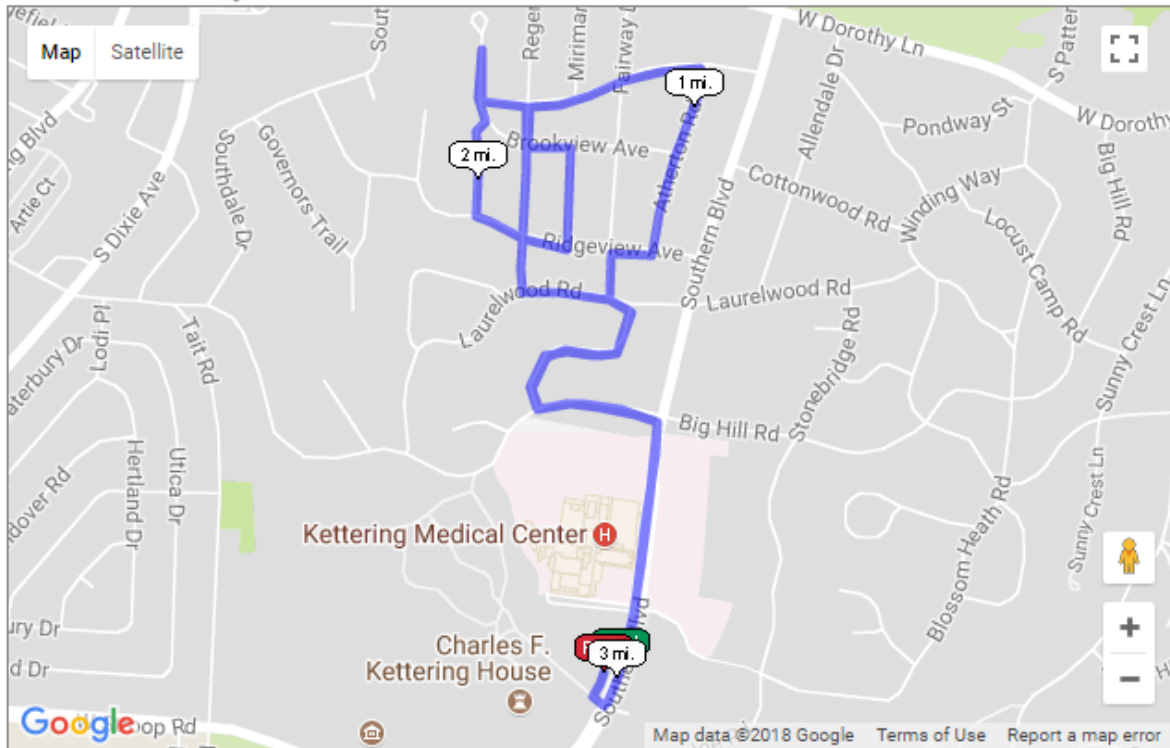


Spring into Health 5k – Course Map

Kettering Hospital

www.usatf.org/routes/view.asp?rID=595595



The 5k course for Spring Into Health 5k starts at the crosswalk in the west-most lane of Southern Blvd (Southbound Lane). Runners start by running North in the left-most lane of Southern Blvd to Big Hill where they turn left. Right on Westbury. Left on Laurelwood. Right on Fairway. Right on Ridgeview. Left on Atherton. Left on Belvoir. Left on Regent. Left on Brookview. Right on Mirimar. Right on Rideview. Right on Regent. Left on Belvoir. Right on Bellflower. Turn-around across from park parking lot entrance. Veer right on Bellflower. Left on Ridgeview. Right on Regent. Left on Laurelwood. Right on Westbury. Left on Big Hill. Right on Southern Blvd (runners stay in right lane). Pass what was the start, turn right into the Kettering Hospital Southern-most lot for the Finish.