

StAR4Life (Saint Ambrose Relay for Life)

1 Mile Course map 2019

8:30 a.m. 1 Mile starts on Canterbury Dr. (east of Ambrose Dr.)

- The 1 Mile start will be on Canterbury near the City Park.
- Run/walk east on Canterbury to Westminster with the 5K participants.
- **Left on Westminster.** Run/walk north on Westminster to Rolling Hills.
- **Left on Rolling Hills.** Run/walk west on Rolling Hills to Ambrose.
- **Left on Ambrose.** This is the 0.8 mile mark.
- Give whatever you have left for the last 0.2 mile to the finish!

There will be course marshals and arrow signs
Police will direct traffic at Rolling Hills and Ambrose

