

StAR4Life (Saint Ambrose Relay for Life)

5K Course map 2019

8:30 a.m. 5K start

- The 5K start will be on Canterbury near the City Park.
- Run/walk east on Canterbury to Westminster.
- **Left on Westminster.** Run/walk north on Westminster to Rolling Hills.
- **Left on Rolling Hills.** Run/walk west on Rolling Hills to Ambrose.
- **Right on Ambrose.** Run/ walk north on Ambrose to Angela.
- **Right on Angela.** Run/walk east on Angela.
- There will be a water table at the end of Angela cul-de-sac. (mile 1.3)
- Go straight on to the sidewalk, and then it turns into a trail.
- **Right on the path at the park.** The path will reach Westminster.
- Run/walk south on Westminster to Canterbury.
- **Left on Canterbury.** Run/walk east on Canterbury to Rosewood.
- **Right on Rosewood.** Run / walk south on Rosewood to Buckingham.
- **Right on Buckingham.** Mile 2 will be on Buckingham.
- Buckingham curves to the right.
- **Left on Canterbury.** Run west on Canterbury to Dresden Park.
- **Right on Dresden Park.** Run north on Dresden to Rolling Hills.
- **Left on Rolling Hills.** Run west on Rolling Hills to Lakeview.
- **Left on Lakeview.** Run south on Lakeview to Canterbury.
- **Right on Canterbury.** Run west Canterbury to the City Park
- **Right to the City Park.** The sidewalk turns into grass.
- **Right in the Park.** The path runs along the lake.
- **Exit the City Park**
- **Left on Ambrose.** This is about the 3 mile mark.
- Give whatever you have left for the last 0.1!

There will be course marshals & arrow signs to guide in the correct direction
Police will direct traffic at Rolling Hills and Ambrose and Buckingham

