

Winning with Wellness Kids Fun Run Course Directions

1. Begin traveling *counter clockwise* around track.
2. Prior to completion of one lap, exit the track on your *Right* (course marshal).
3. Travel *counter clockwise* on the pavement around Frederick County Middle School.
4. Turn *Left* at the front the of school to return to the track area (course marshal).
5. Turn *Right* to cross small grass area to return to the track (course marshal).
6. Immediately turn *Right* and run to the finish line!

Winning with Wellness 5K Course Directions

1. Begin traveling *counter clockwise* around track.
2. Prior to completion of one lap, exit the track on your *Right* (course marshal).
3. Travel *counter clockwise* on the pavement around Frederick County Middle School.
4. Turn *Right* to run the loop around the bus parking (course marshal).
5. Turn *Right* through the gates to travel *counter clockwise* on the paved loop around Gainesboro Elementary School.
7. Turn *Right* at water station to travel around bus loop in front of Gainesboro Elementary School.
8. Continue running towards entrance of schools until you reach the course course marshal.
9. Turn *Left* to travel parallel on the pavement located next to the Frederick County Middle School track area.
10. Continue running towards the track and at the course marshal you will **complete the loop around Frederick County Middle and Gainesboro Elementary School for a second time.**
11. After your second loop you will turn *Right* to cross the small grass area to return to the track (course marshal).
12. Continue straight to travel *clockwise* around the Admiral Byrd Middle School track until you reach the finish line (also the start line where you started)!

Reminders:

- Course Marshals will be located at every major turn on course.
- Cones, signs, and course markings will help guide you through course.
- Turn *right* at every major intersection except when you turn to complete the loop *twice*.
- **Will loop the course around Frederick County Middle and Gainesboro Elementary School twice before returning to the track to finish!**