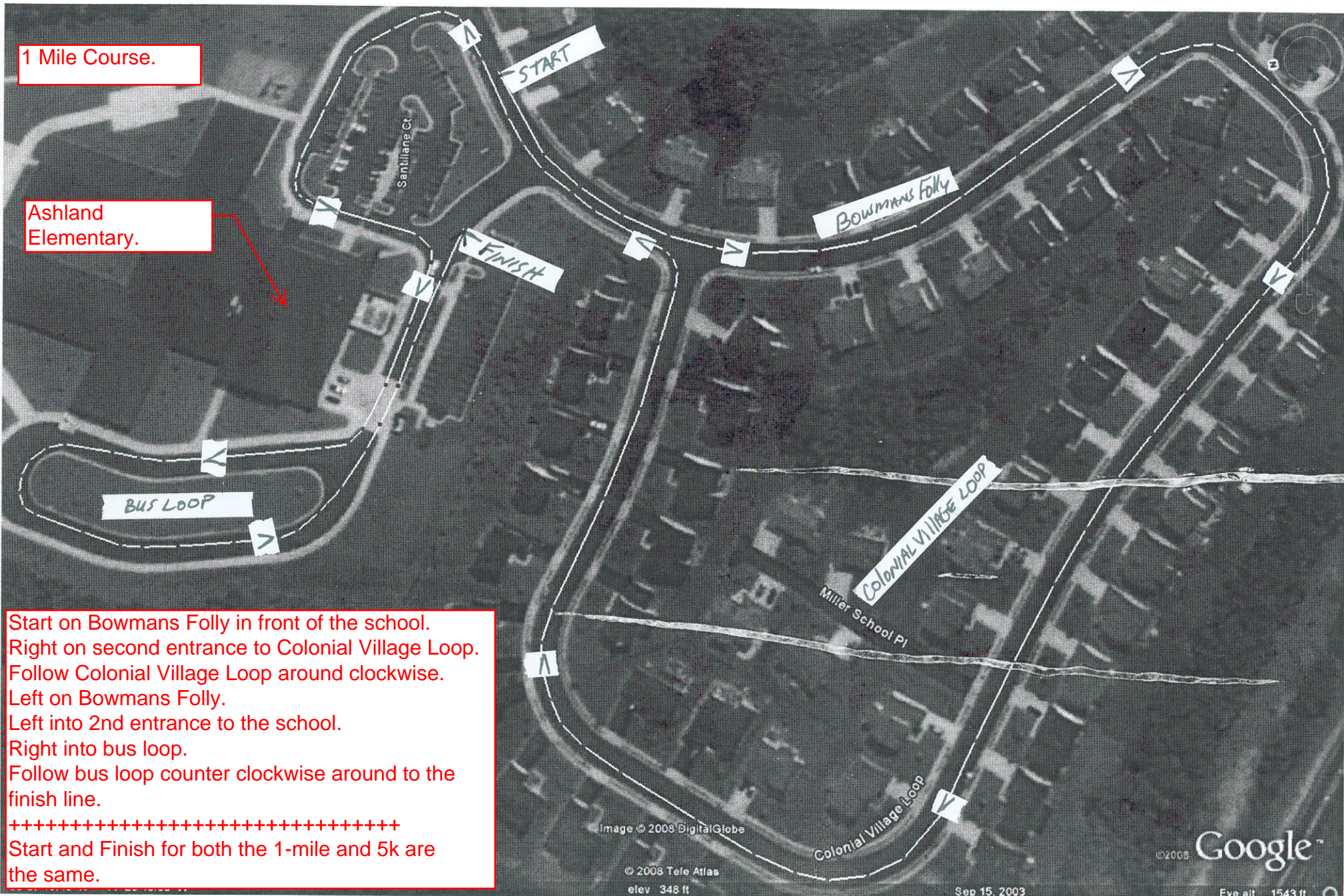


1 Mile Course.

Ashland Elementary.



Start on Bowmans Folly in front of the school.
Right on second entrance to Colonial Village Loop.
Follow Colonial Village Loop around clockwise.
Left on Bowmans Folly.
Left into 2nd entrance to the school.
Right into bus loop.
Follow bus loop counter clockwise around to the finish line.

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Start and Finish for both the 1-mile and 5k are the same.

Start in front of the school on Bowmans Folly(BF)
Right on 2nd entrance to Colonial Village Loop.(CVL)
Follow CVL clockwise back to BF
Right on BF.
BF becomes Fincastle.(FC)
Turn around 150+/- meters past Toddsbury.
FC back to left on CVL.
Follow CVL clockwise.
Left on BF.
Left into second school entrance.
Right into the bus loop.
Follow bus loop counter clockwise around to the finish line.

5K Course

Ashland Elementary.

