

# Semper Fred 5km

Version 2013

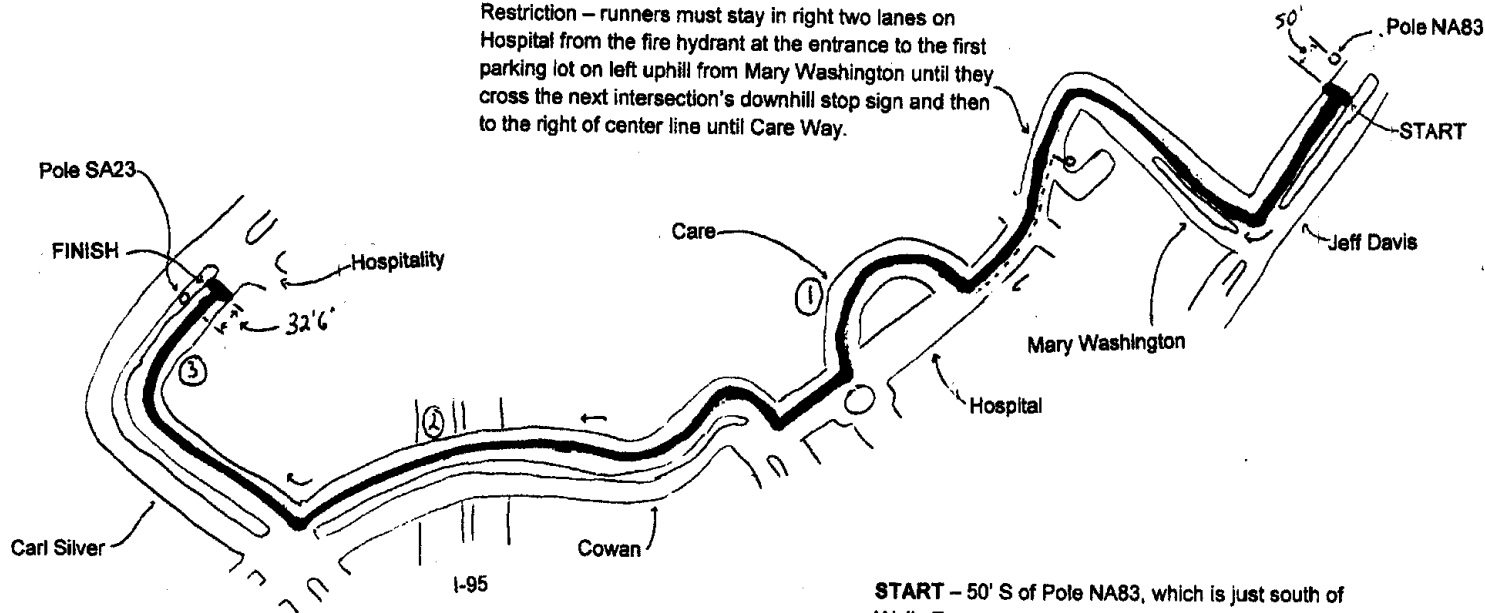
Fredericksburg, VA

Measured by Vic Culp

On March 22, 2009 and Feb 3, 2013



Restriction – runners must stay in right two lanes on Hospital from the fire hydrant at the entrance to the first parking lot on left uphill from Mary Washington until they cross the next intersection's downhill stop sign and then to the right of center line until Care Way.



USATF Certified Course  
VA13018RT  
Effective  
4/30/2013 to 12/31/2023

**START** – 50' S of Pole NA83, which is just south of Wells Fargo

**MILE 1** – 3'7" N of water cap across from 1051 Care Way

**MILE 2** – 42'5" E of west joint of I-95 bridge

**MILE 3** – 39'3" NE of pole RO39

**FINISH** – 32'6" NE of pole SA23 in northeast bound lanes of Carl Silver

**Restrictions:** Course is run in the south bound lanes of Jeff Davis, west bound lanes of Mary Washington, to Sam Perry, west bound lanes for Cowan and north bound lanes of Carl Silver