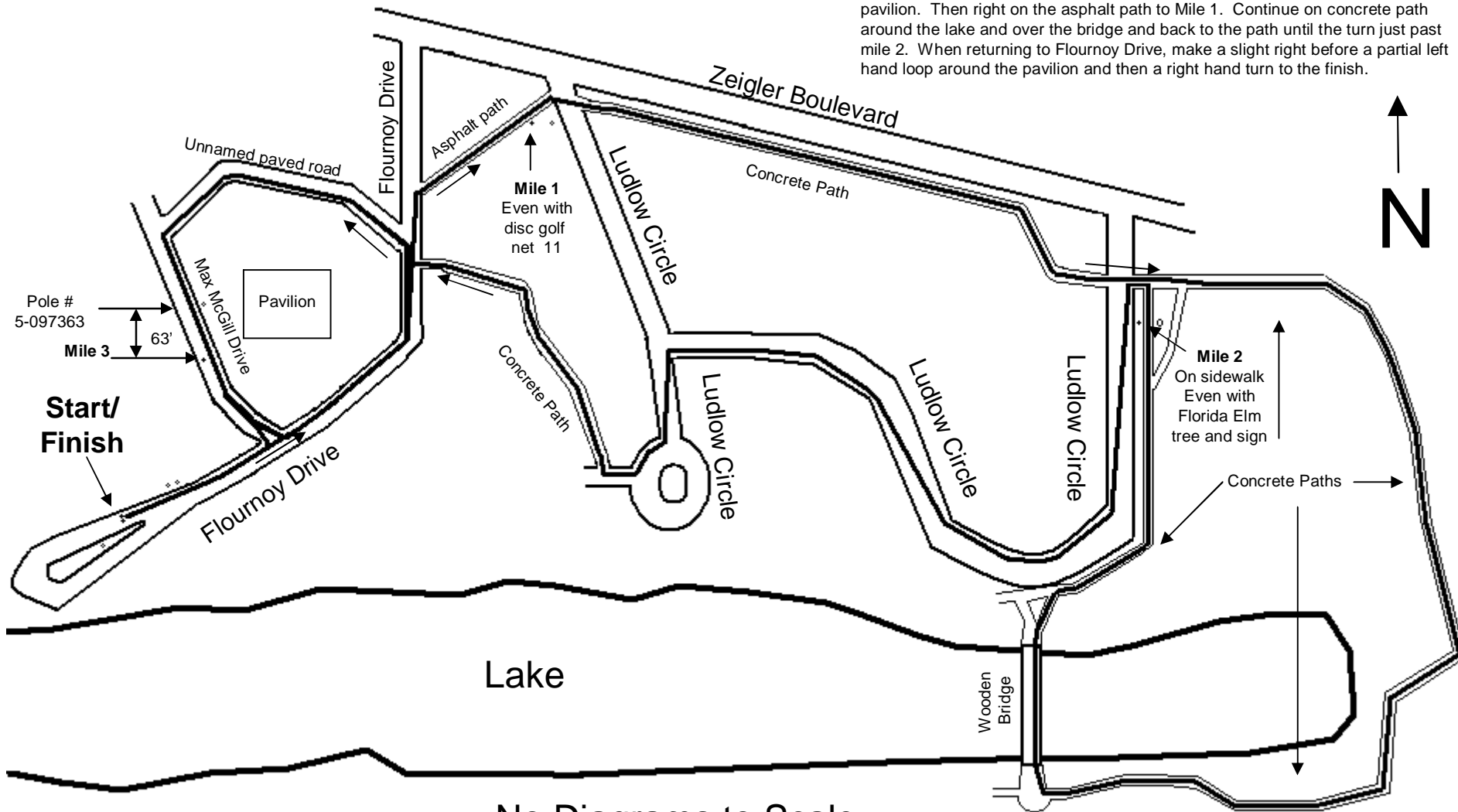


Langan Park 5K II

Mobile, Alabama

Directions:

Runners start and first make a left hand loop on the roads surrounding the pavilion. Then right on the asphalt path to Mile 1. Continue on concrete path around the lake and over the bridge and back to the path until the turn just past mile 2. When returning to Flournoy Drive, make a slight right before a partial left hand loop around the pavilion and then a right hand turn to the finish.



Restrictions:

Course measured using SPR of roads and PAVED paths. Monitors may be needed to watch for runners cutting through the grass.

No Diagrams to Scale

Splits: Marked with one washer and green paint.
Mile 2: Paint only. Locations are given explicitly on map.

Start/ Finish marked with washers and green paint

Measured by Jon Bowie (Daphne, AL 251-209-0887)
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26 December 2009
Calibrated on AL08007JD
Race contact: Peggy Olive (251-401-8039)