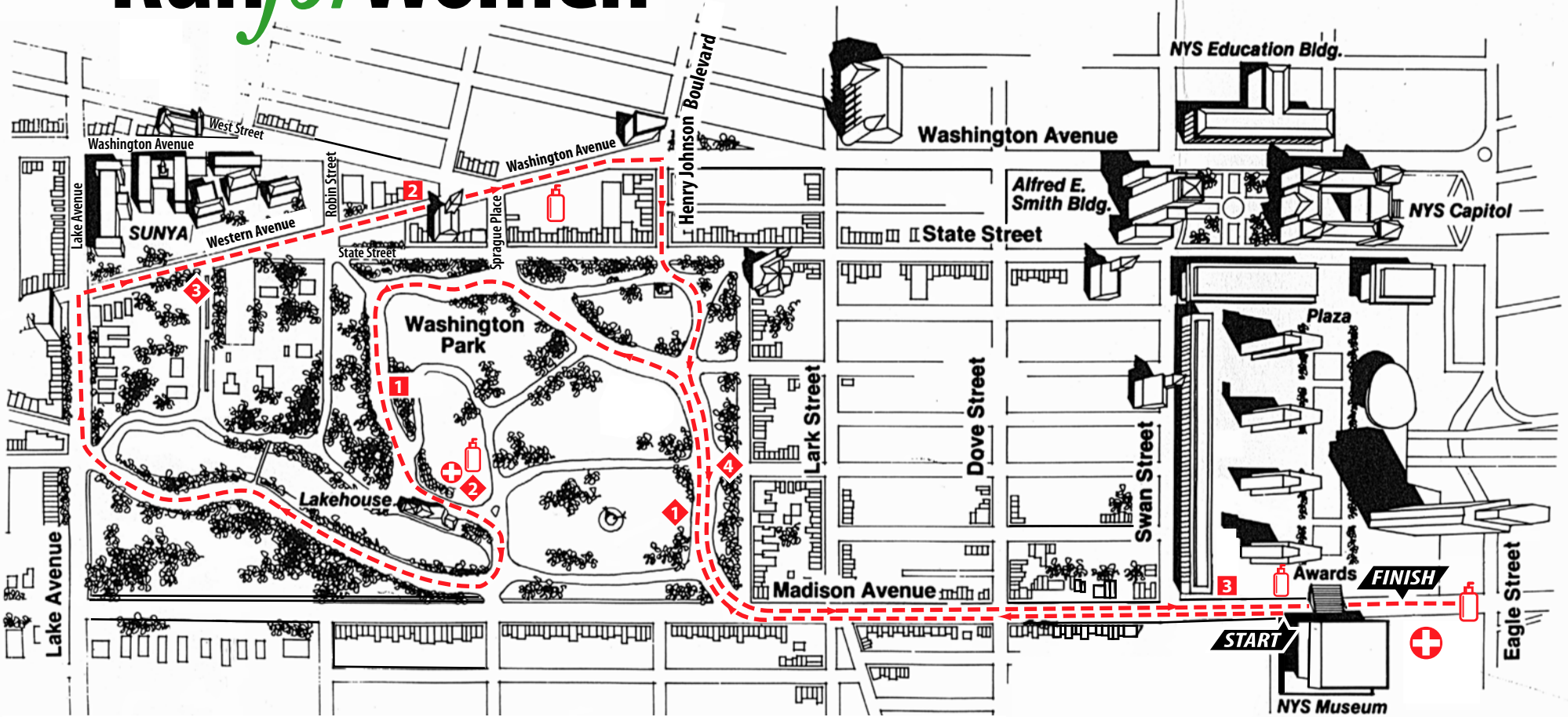


# Freihofer's 31<sup>st</sup> Run for Women

Course certified and sanctioned by:  
**USATrack & Field**  
 ADIRONDACK NY05119KL



**WATER**      **FIRST AID**      **MILE MARKER**      **KILOMETER MARKER**



## 5 km Running Course