

PRELIMINARY Rochester Mayor's Family Fitness 5K Course

(3.1 Miles)

This course may be adjusted

Home Base: Blue Cross Arena

Sunday, April 25th – Start Time: 7:45AM (????)

Mile	Directions
<i>Note: Mile Marks are approximate</i>	
START	Pole 12 (approx) – Broad Street Bridge (Blue Cross Arena)
	Left on Main Street
	Right on Madison Street
1 Mile	Susan B Anthony Home
	Right on Madison Park South
	Left on King Street
	Left on Madison Park North
	Right on Madison Street
	Left on Silver Street
	Right on Brown Street
	Right on Allen Street onto Morrie Silver Way
	Right on State Street
2 Mile	On State Street
	Left on Main Street
	Right on South Avenue
	Right on Court Street
3 Mile	Right on Exchange Street
FINISH	Blue Cross Arena (at the parking inlet)