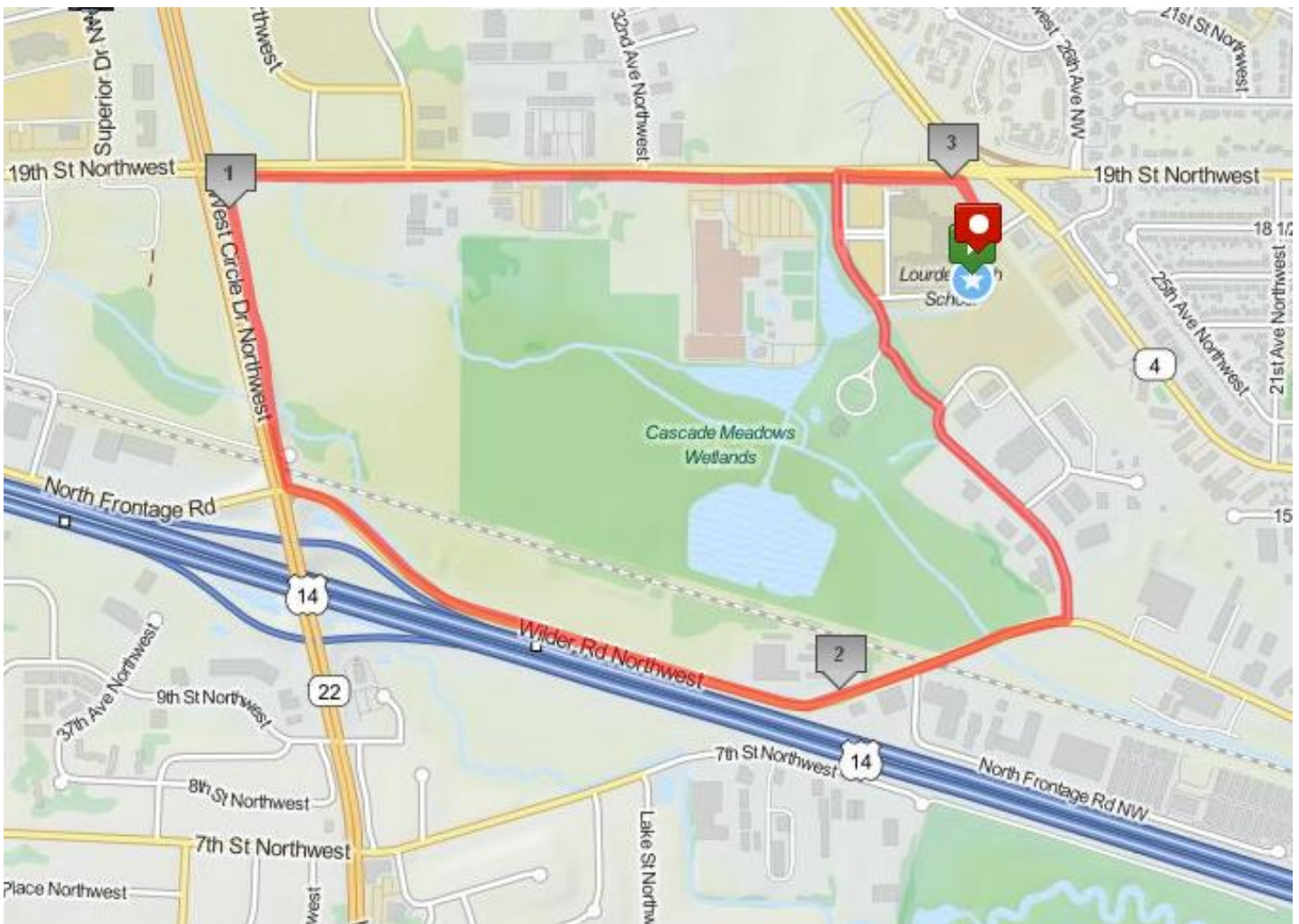


Stay Out of the Sun Run 2017 - 5K Run



The 5K Run starts and finishes at Lourdes High School. The 3.11 mile course is a loop route utilizing sidewalks, bike paths, the Hwy 14 Frontage road, and the shoulder of a very low-traffic road near the Industrial Park east of Cascade Meadows Wetlands. Because of the direction the route is run, there is no need for our runners to cross any roads. Even with the use of the frontage road and running along a street in the Industrial Park, this will be a very safe route for our participants. Specifically, from Wilder Road Northwest (aka Hwy 14 Frontage Road) the runners turn left onto Industrial Drive Northwest where they remain until they once again meet the sidewalk/path in front of Lourdes High School to end the race.