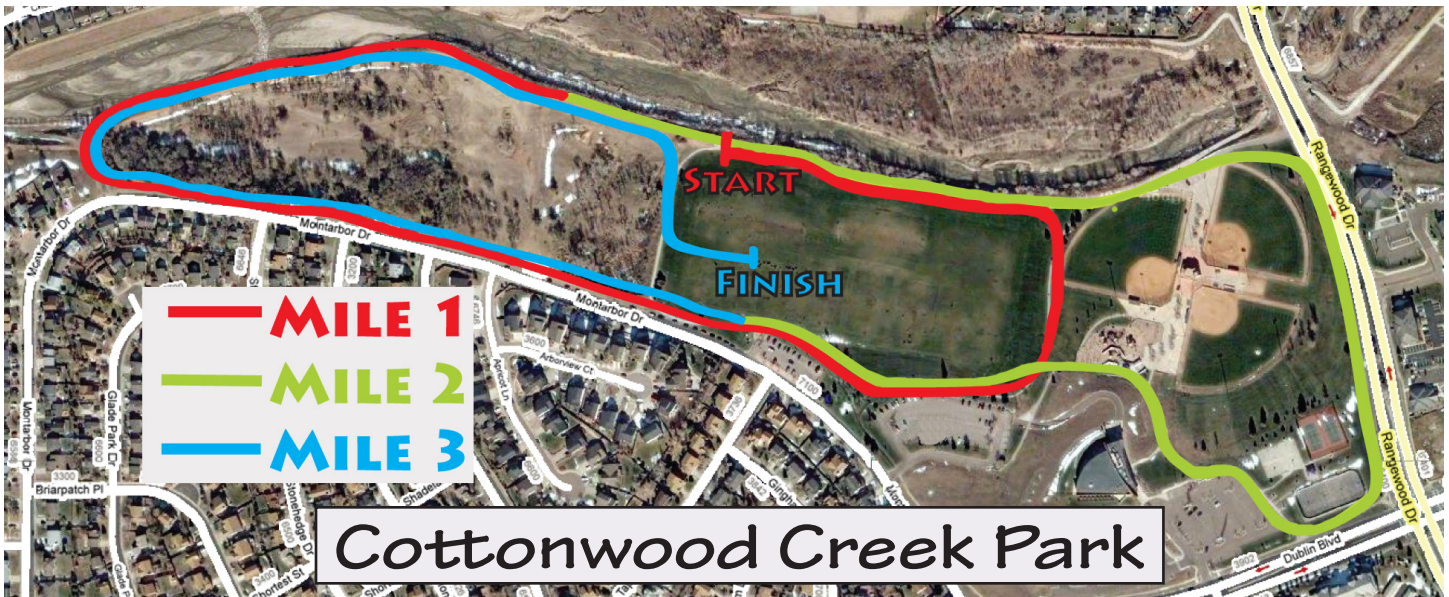


# RUN FOR RWANDA '09



## **New 5K Course:**

Due to construction work in on the creek basin on the park's west end (which because of this summer's heavy rains was not completed by the scheduled deadline), we have had to modify our course from last year's route. The modified route is of comparable difficulty to last year's (mostly flat, with one significant incline and two fairly short but relatively steep downhill segments). The running surface is roughly divided evenly between dirt paths and paved walkways. The finish, staffed by the Pikes Peak Road Runners, like last year is on the park's grass soccer fields. The course is excellent for spectators, as participants pass the start finish area several times during the race.

**Jog strollers** are welcome, although we ask that those running or walking with them start near the back of the pack to avoid blocking the trail for faster runners.

**Walkers** should also start at the back of the pack and stay to the left side of the trail to allow faster moving participants pass on their right.