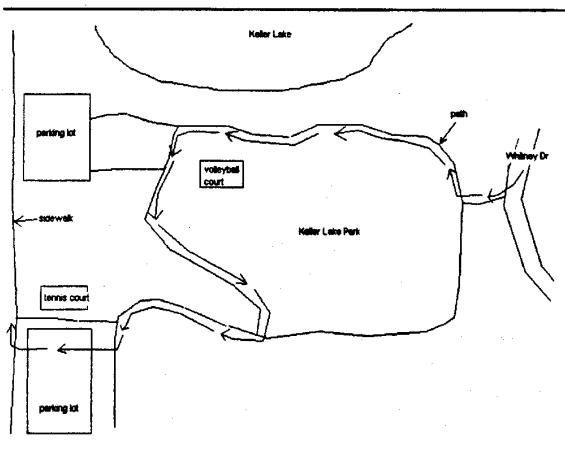
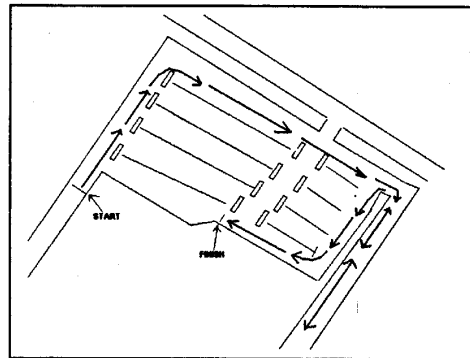
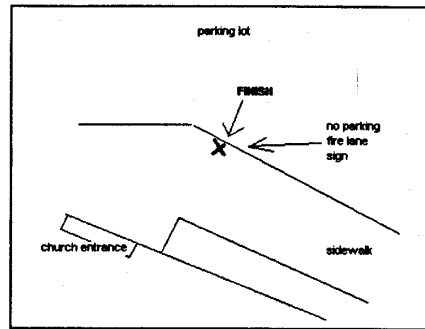
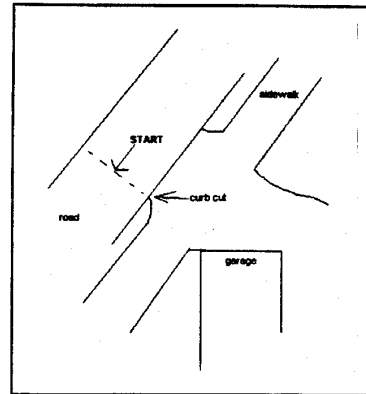
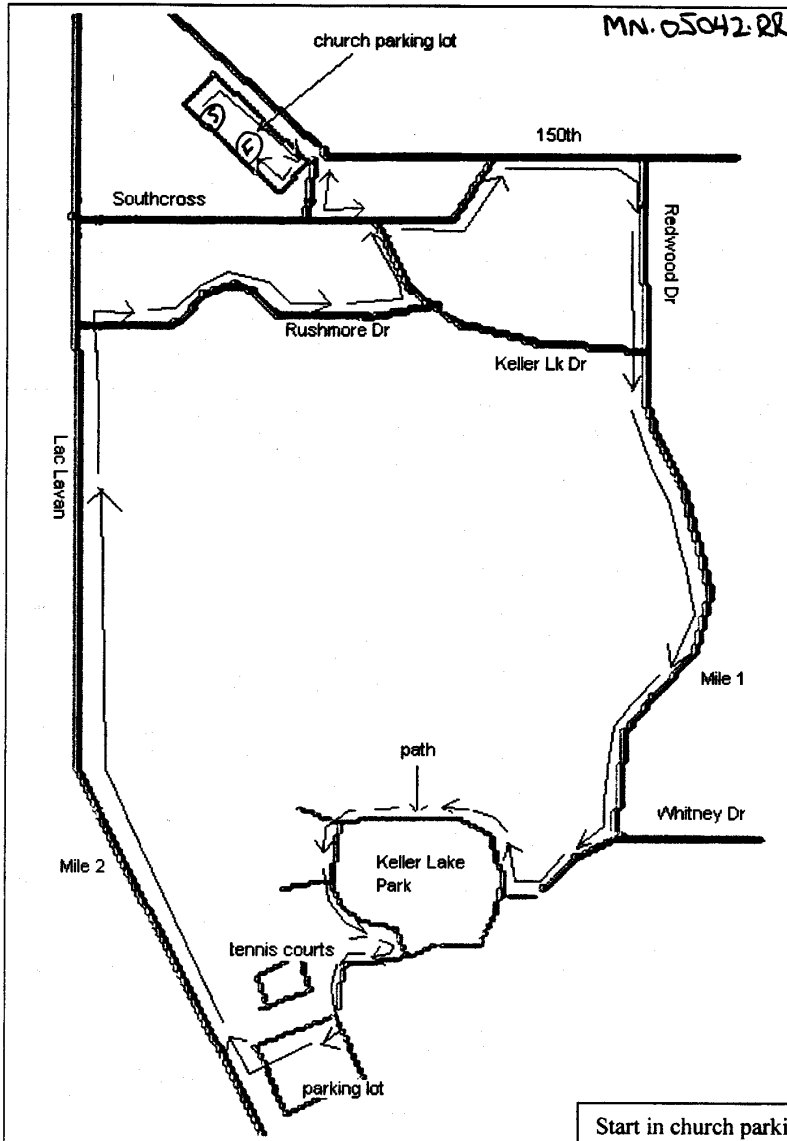
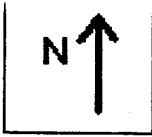


Catch the Spirit 5k

9/6/05

MN. 05042 RR



Start in church parking lot at the W-most curb cut in front of the garage. Go N along the W side of the parking lot. Turn R at the last island. Exit the parking lot on the E driveway. Cross Southcross to the S sidewalk and take it E. Turn R at 150th, staying on the sidewalk. Turn R at Redwood. Turn R at Whitney. Take the path into Keller Lake Park. Turn R at the first intersection. Turn L at the second intersection (R leads to the parking lot). Turn L at the second intersection (R also leads to parking lot). Turn R at the next intersection. Cut through the parking lot just past the tennis courts. Turn R on the sidewalk on the E side of Lac Lavon. Turn R on Rushmore. Turn L on Keller Lk Dr. Cross Southcross to the N sidewalk and take it L. Turn R into the church parking lot driveway. Turn L into parking lot and proceed SW with all the parking spaces on your right. Finish is in front of the "no parking fire lane" sign in front of the church doors. **Mile Marks:** Mile 1 is in the middle of the driveway at 894 Redwood. Mile 2 is 640 ft N of Keller Lake Park parking lot N driveway. It is 20ft N of the "3" painted on the sidewalk. **Restrictions:** The course is curb to curb on the roads, and when on a path, must stay on the path. The first crossing of Southcross must occur before the sign, and the second must occur before the fire hydrant. When finishing, the runners must stay outside all the parking lines.