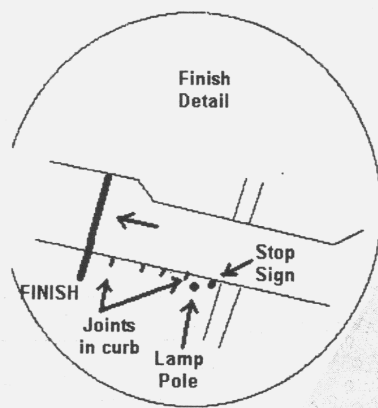


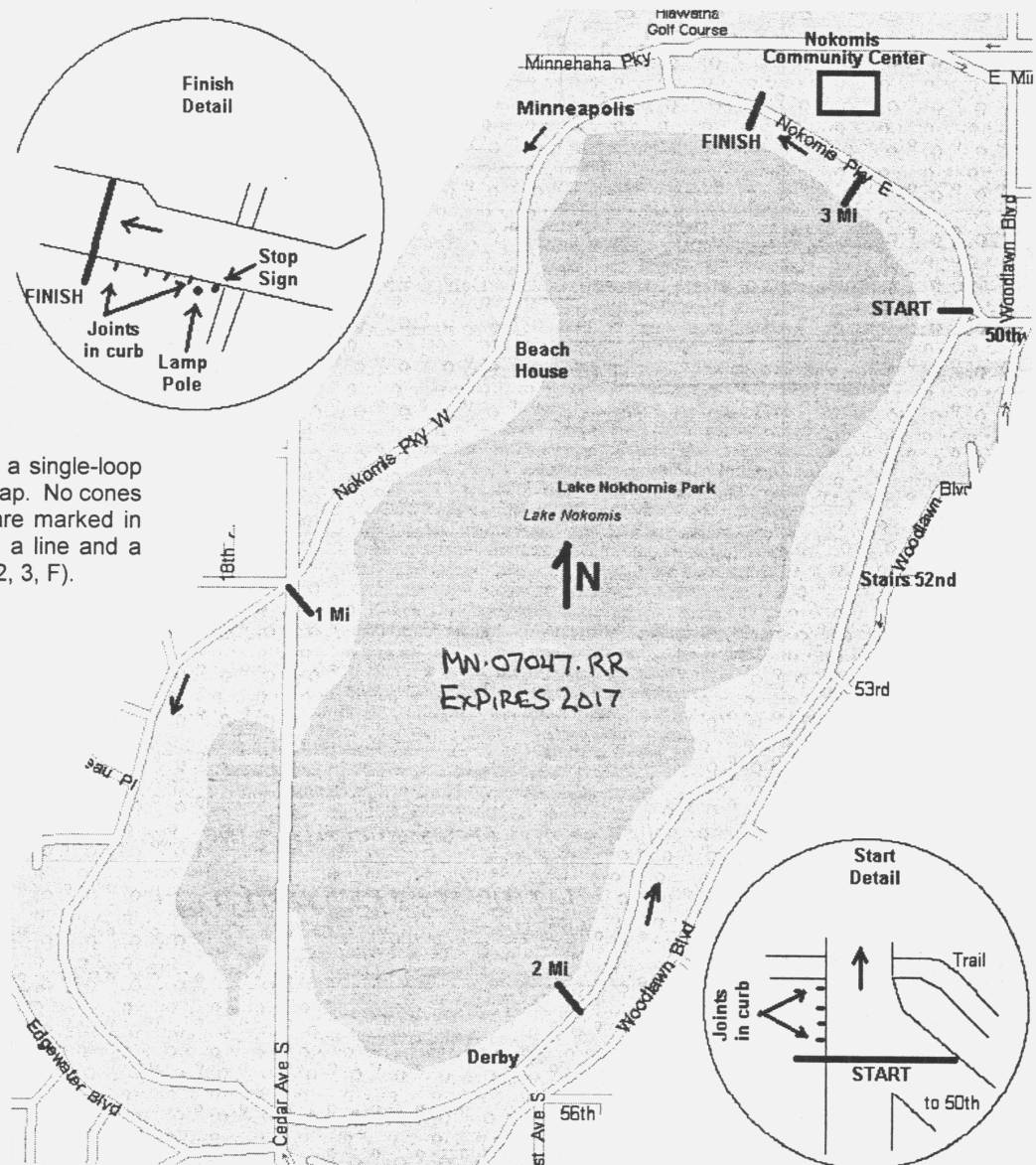
## Bolder Dash 5k

Start on Nokomis Pky E at 50<sup>th</sup> St, run counter-clockwise around the lake crossing Cedar Ave twice, pass the start line, finish just past the stop sign at the Community Center.

- Start:** W side of Nokomis Pky, fifth joint in curb S of S edge of crosswalk that goes to trail along N side of 50th St.
- Mile 1:** Center of manhole cover in the middle of Nokomis Pky just W of W crosswalk of Cedar Avenue. Nokomis Pky crosses Cedar twice; this is at the north junction.
- Mile 2:** NW side Nokomis Pky 19 m (62 ft) NE of 2nd street lamp NE of Derby Ave.
- Mile 3:** SW side Nokomis Pky across pky from Pedestrian Crosswalk (graphic) sign at SE end of parking lot across Nokomis from Community Center.
- Finish:** S side Nokomis Pky, fifth joint in curb W of street lamp pole at the Stop sign at crosswalk for trails leading up to Nokomis Community Center. Shared with 10k.



**Race director:** This is a single-loop course with some overlap. No cones are required. Points are marked in bright green paint with a line and a single character (S, 1, 2, 3, F).



Measured 2007 Sep 19  
Don Wright  
651/770-3728  
[www.donwright.com/rms/](http://www.donwright.com/rms/)