

## 10K COURSE MAP 10K COURSE = 6.2 MILES START TIME: 10K - 8:30 AM

Start by the Metro station at 830am and head SE on Lankershim.

Turn right on Magnolia and go almost to Tujunga and Valley Village Park, turn around and head back to Lankershim.

Right on Lankershim. As you hit mile one you will continue to pass many legendary NoHo Cafes, Restaurants, Theaters, Art Galleries and Shops!

Before Vineland, cross to the northbound side of the street and head back under the iconic NoHo sign that spans the street.

To the east on Magnolia, away from the park this time, on your way to Mile 2 before again going back towards Lankershim.

Once on Lankershim, you will head North towards the finish line

but don't start that final kick yet this is one of three times you will be passing the finish line before you are done. Don't worry, you are doing the 10K and will be the envy of all the 5K participants and that requires some extra work!

As you make the turn at Burbank you will hit Cowbell Sprint. You get to go through this cacophonous serenade twice so don't waste all your energy the first time since you are going out for another lap.

Do it all again, then that medal at the finish line will be all the sweeter! Don't worry, there will be plenty of food, water and freebies left for you, we won't let the 5K runners take it all.



## **5K COURSE MAP**

5K COURSE = 3.1 MILES START TIME: 5K - 8:30 AM

Start by the Metro station at 830am and head SE on Lankershim.

Turn right on Magnolia and go almost to Tujunga and Valley Village Park, turn around and head back to Lankershim.

Right on Lankershim. As you hit mile one you will continue to pass many legendary NoHo Cafes, Restaurants, Theaters, Art Galleries and Shops!

Before Vineland, cross to the northbound side of the street and head back under the iconic NoHo sign that spans the street.

To the east on Magnolia, away from the park this time, on your way to Mile 2 before again going back towards Lankershim.

Once on Lankershim, you will head North towards the finish line but don't start that final kick yet because you will be passing the finish line at about mile 2.5. Pass the Metro station on your right and continue to Burbank Blvd before making your last turn.

Push it for this last quarter mile through the Cowbell Sprint. Kick it into high gear as you cross the finish line, claim your medal and join the party!