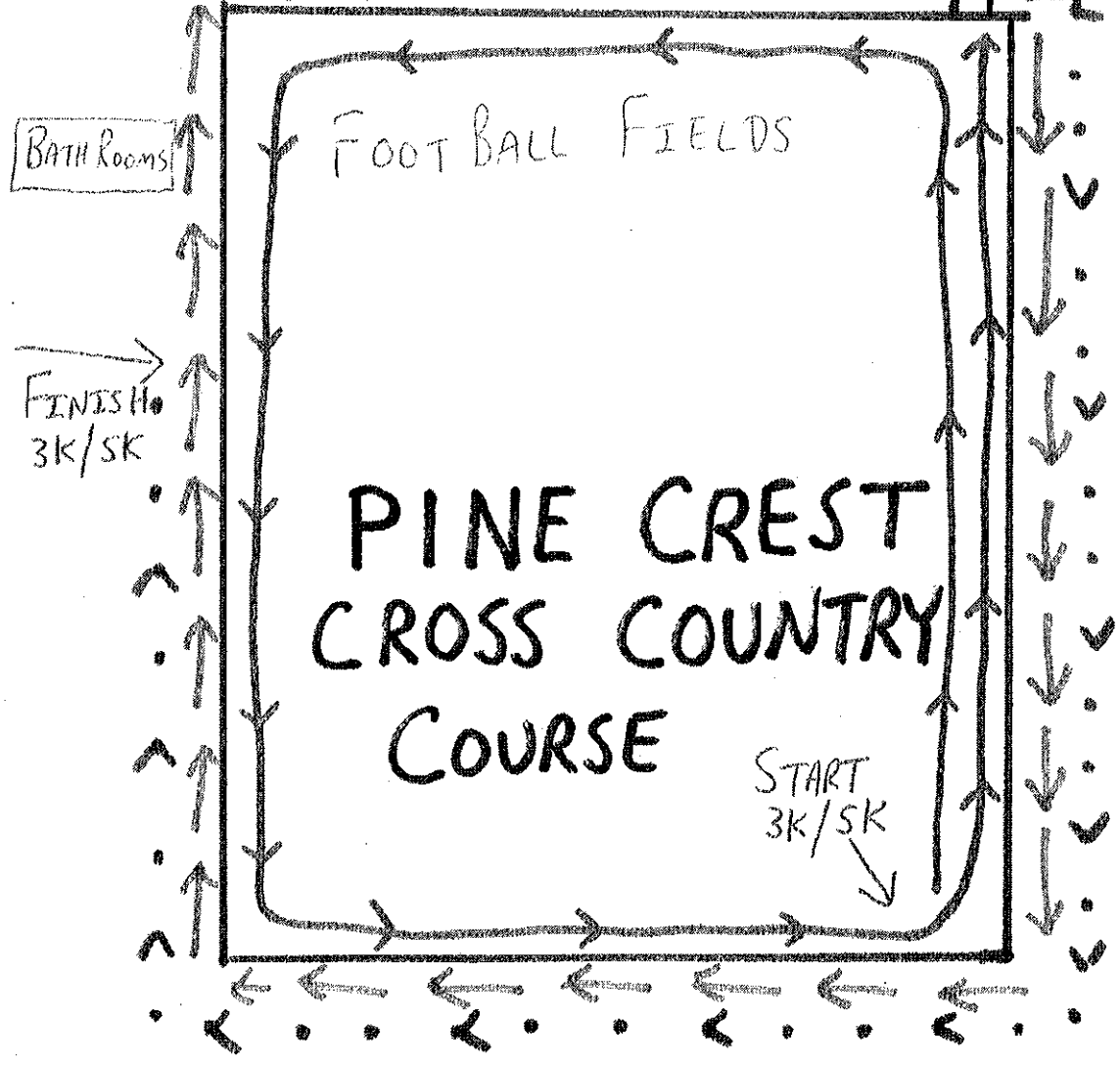
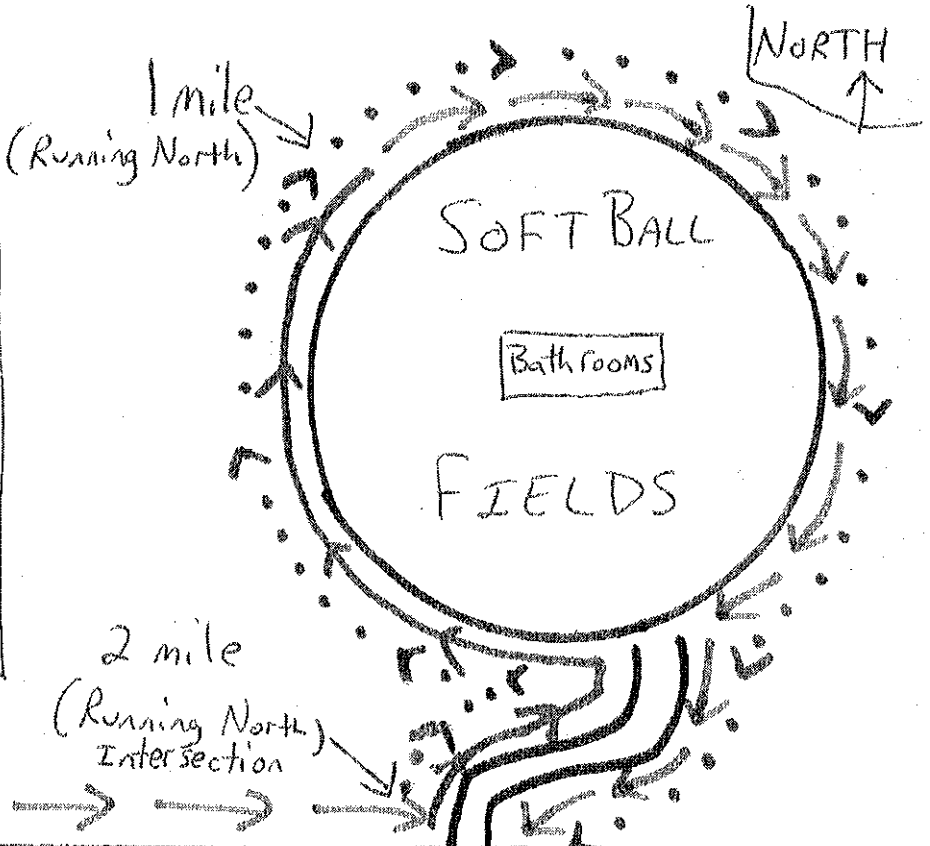


Mills Pond Park
 2201 NW 9th Ave., Ft. Lauderdale

- ① Start = SE Corner of Football Fields
- ② First Lap on Football Fields will be Counter-clockwise
- ③ Both Laps around Softball Fields will be Clockwise
- ④ Remaining Laps on Football Fields will be Clockwise
- ⑤ Finish = 100yds South of Bathrooms



Legend
 Solid = 1st Mile
 Dash = 2nd Mile
 Dots = 3rd Mile