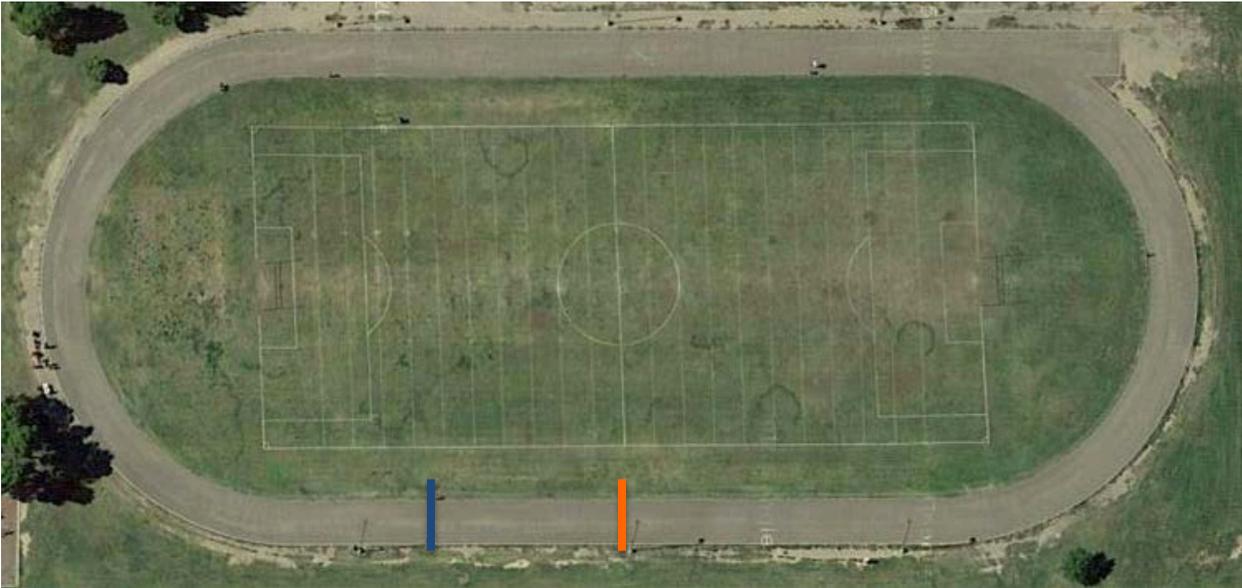


## Attachment 6

### Running and Walking Courses



#### 1. Instructions for the Primary Course (440 yards per lap)

The Alternate Course is at the Sunny Side Track and consists of running 6 laps around the entire course. Six laps around this perimeter equates to 1.5 miles. Walkers will speed walk 4 laps (plus 427 yards. (39 feet short of the 5<sup>th</sup> lap)

 **Start for Runners and Walkers (This is also where the runners will stop)**

 **Stopping point for Walkers (39 feet short of the 5<sup>th</sup> lap)**

## Attachment 6

### Running and Walking Courses



#### 1. Instructions for the Alternate Course (Note: Not available till further notice.)

The Primary Course is at the 162d and consists of running 2 laps around the entire course. 2 laps around this perimeter equates to 1.5 miles and is marked at the  $\frac{1}{4}$  mark.

Walkers will speed walk 2 laps, strait walk to the cone set up prior to the exist off base, return to the starting point and repeat again.