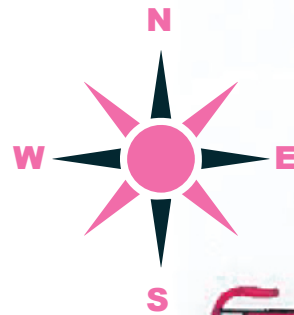
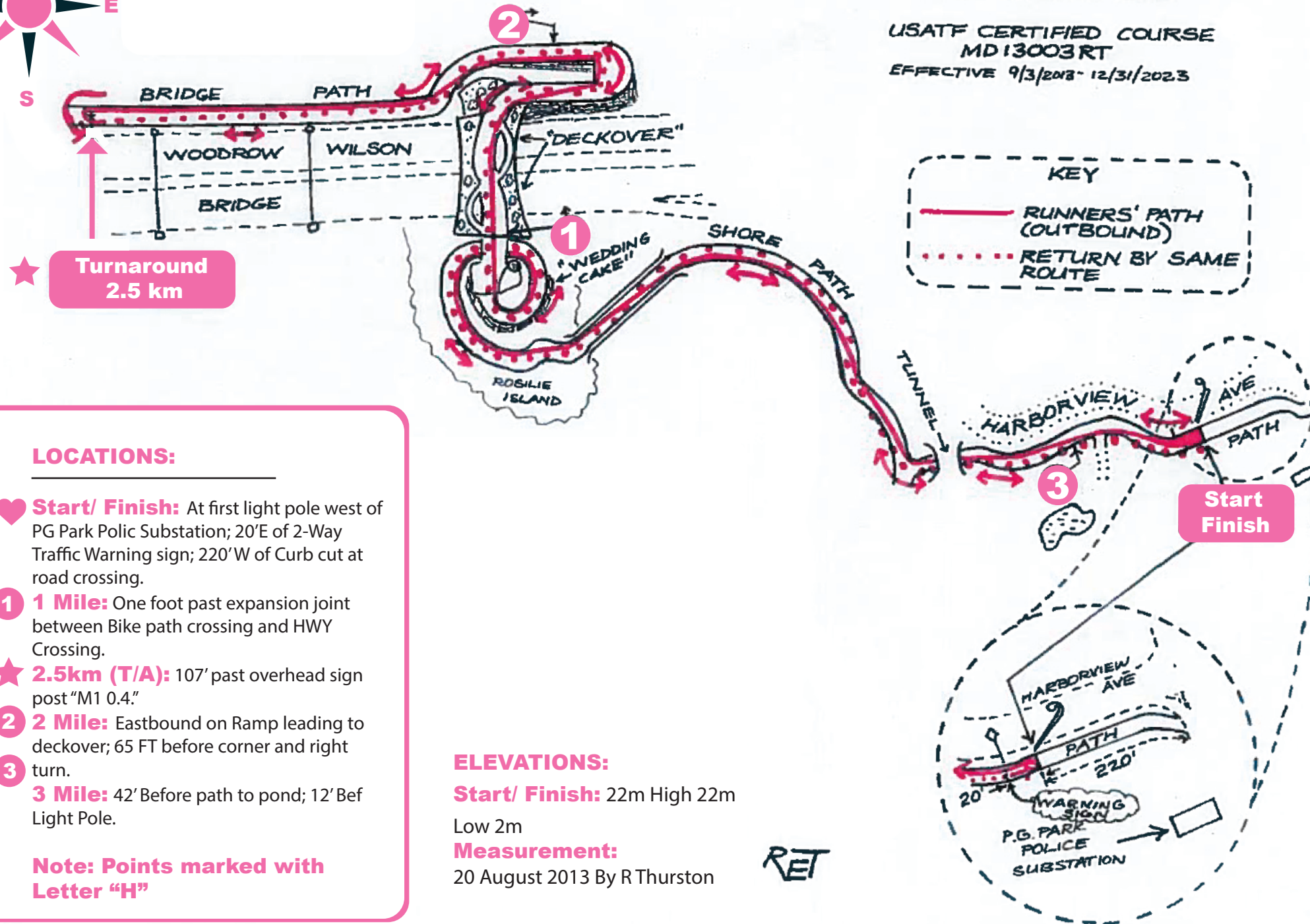


# THE TEKAU'S HEART MEMORIAL FOUNDATION 5K RUN-1 MILE WALK COURSE MAP



P.G. PARK POLICE 5K (INLAND START)  
NATIONAL HARBOR, MARYLAND

USATF CERTIFIED COURSE  
MD13003RT  
EFFECTIVE 9/3/2013-12/31/2023



**KEY**

- RUNNERS' PATH (OUTBOUND)
- ... RETURN BY SAME ROUTE

**LOCATIONS:**

- ♥ **Start/ Finish:** At first light pole west of PG Park Polic Substation; 20'E of 2-Way Traffic Warning sign; 220'W of Curb cut at road crossing.
- 1 **1 Mile:** One foot past expansion joint between Bike path crossing and HWY Crossing.
- ★ **2.5km (T/A):** 107' past overhead sign post "M1 0.4."
- 2 **2 Mile:** Eastbound on Ramp leading to deckover; 65 FT before corner and right turn.
- 3 **3 Mile:** 42' Before path to pond; 12' Bef Light Pole.

**Note: Points marked with Letter "H"**

**ELEVATIONS:**

**Start/ Finish:** 22m High 22m  
Low 2m  
**Measurement:**  
20 August 2013 By R Thurston

RET

**IN CASE OF AN EMERGENCY:**

Please call the number listed below and be prepared to provide your location (V#), participants bib #.

(301) 459-9088

