

# New Moss Clinic 5km

Version 2019

Fredericksburg, VA

Measured by Vic Culp

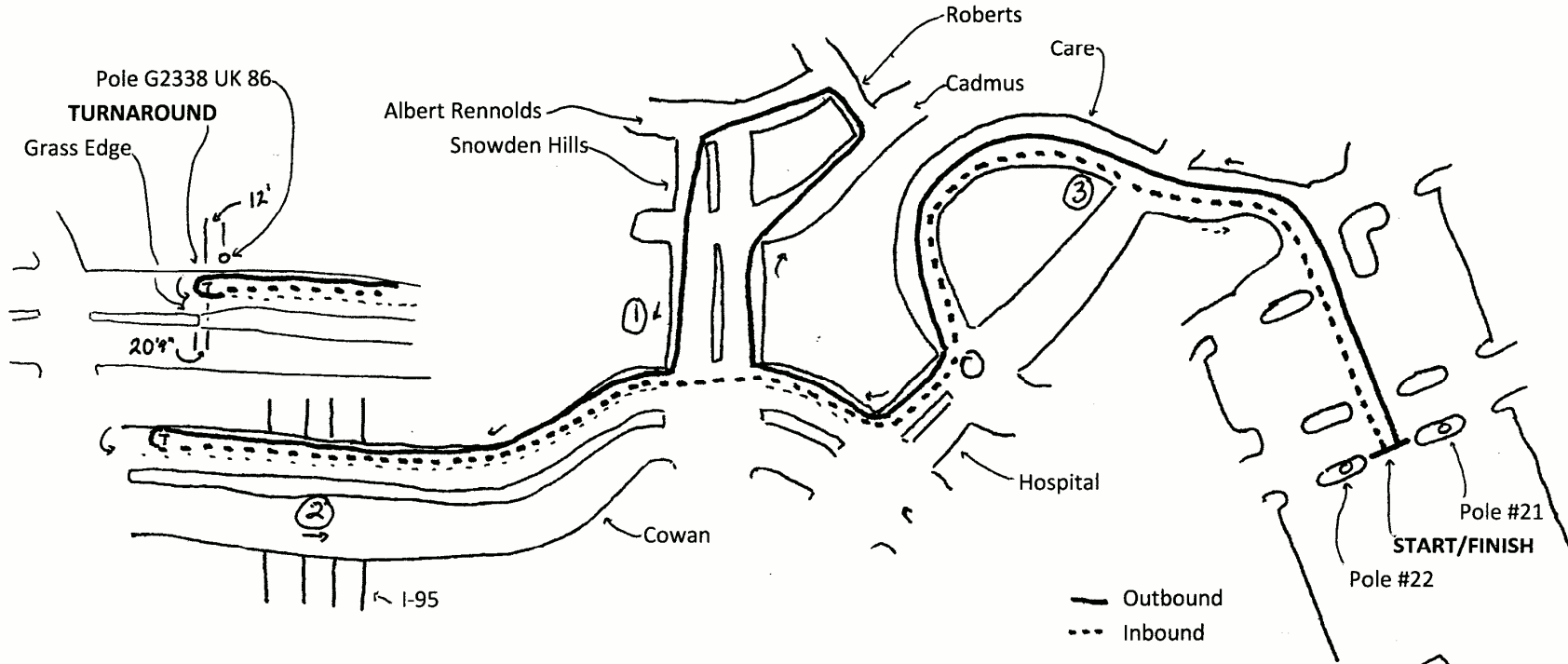
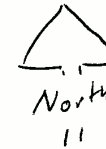
On July 10, 2011 and July 1, 2018



USATF Certificate VA11062RT

Effective Jan 14, 2019

To Dec 31, 2021



**START/FINISH** – between poles #21 and #22 in the Moss Clinic parking lot

**MILE 1** – 104' N of fire hydrant on Snowden Hills at Cowan

**TURNAROUND** – 12' W of pole G2338 UK86 and 20'9" E of grass edge in median just east of Rob's Car Wash entrance. In the median, pavement to the west and grass to the east

**MILE 2** – 161' 3" W of eastern bridge joint of Cowan across I-95 on return to Finish

**MILE 3** – 56' 11" E (downhill) from fire hydrant on Care at Hospital

**Restriction:** Runners must stay in the right lane of west bound Cowan Blvd both outbound and inbound