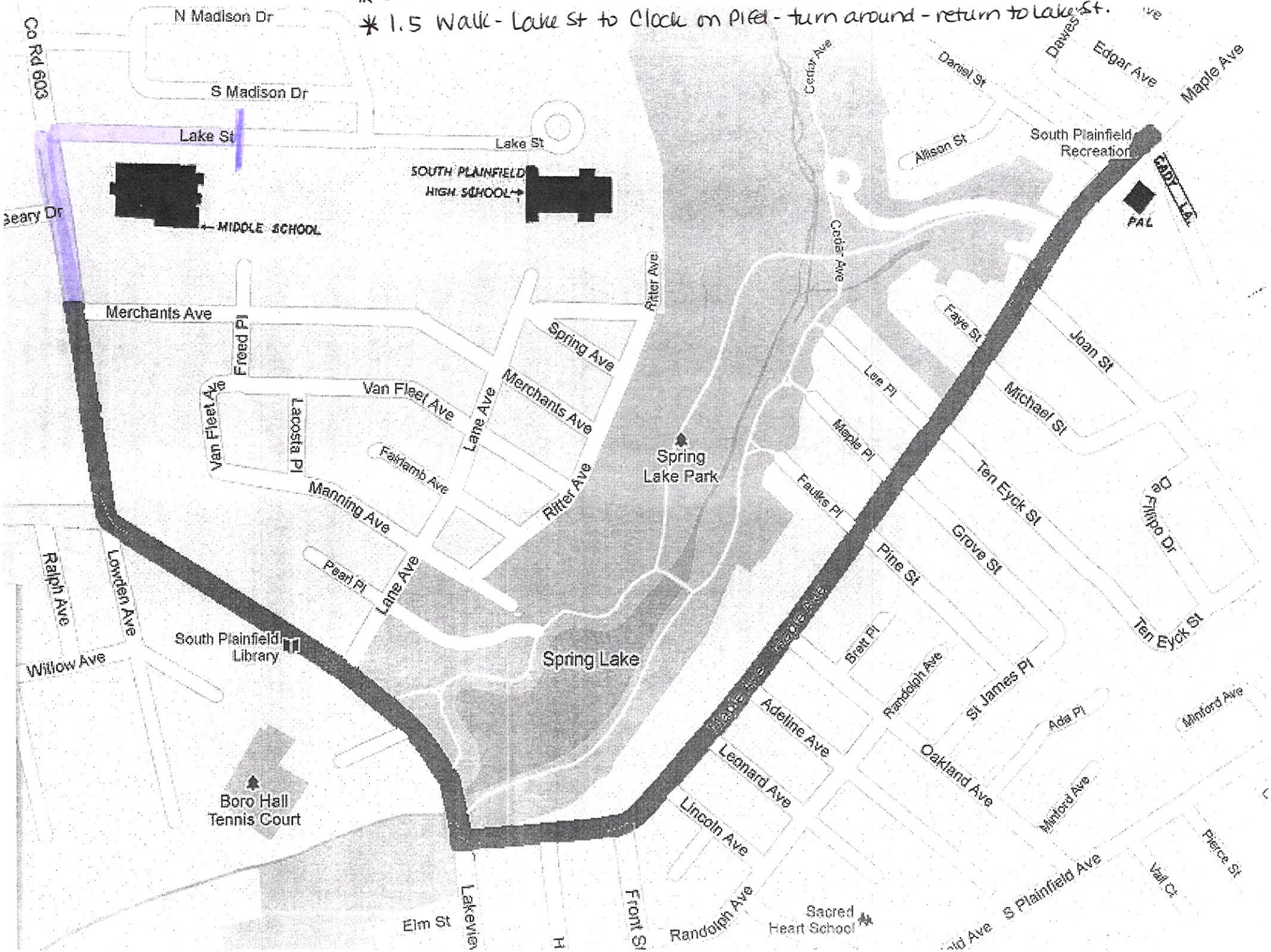*5K Race - Lake St to PAL - turn around - return to Lake St
*1.5 Walk - Lake St to Clock on Field - turn around - return to Lake St.