

Women's 5K Directions  
For the First Strides Course Review  
Updated 09.17.21

RUN:

- \* Start in front of the Finish Line (near the small parking lot on the hill)
- \* Continue Park Drive until reaching the main entrance
- \* **Bear left and stay on path and take path to end of the Parkway**
- \* **Exit the parkway and turn left**
- \* **Cross over the Bridge on Lehigh Parkway North**
- \* **Turn left and re-enter the parkway**
- \* Follow the path until the Parking Lot
- \* Stay on path on left side of parking lot
- \* Make a left and cross Robin Hood Bridge and stay to your left while crossing the bridge
- \* After crossing bridge make a right onto the park drive
- \* Stay on the road until the water fountain where you cross onto the path
- \* Continue on path – you will go under the Iron Bridge
- \* **Stay on path until you reach police academy building**
- \* **Turn left on path and cross in front of policy academy building**
- \* **Stay left on Academy Road and take Academy Road past the clubhouse**
- \* Continue to finish **which is right past the maintenance barn**
- \* **FINISH STRONG!!...CONGRATS!**

Walk

- Start by the 20 mph sign (near the “FS Home base”)/by the road leading to the serpentine/maintenance area
- Walk towards the LVRR clubhouse- bear to the left and stay on the road- Police Academy Drive
- Continue up Police Academy Dr until reaching the white band house building
- Make a right in front of the building- (go around the building) towards the path
- Make an immediate left to get on the path to go up the hills
- Continue towards the covered bridge (do not cross the bridge)- stay straight and go through the parking lot (towards Fish Hatchery)
- Stay on path – (go up and down hill)-
- Make a right onto Fireman's Bridge (near the fisherman's tackle shop)
- Make an immediate right onto the path
- **Right before the covered bridge take the newly created cinder path up toward Park Drive North**
- **Make a right-on Park Drive North and follow road towards Kayak Parking Lot**
- Stay on the road (with the Parking lot on your right) and go towards the Iron Bridge
- Make a right onto the Iron Bridge- Cross the bridge
- Bear left onto Park Drive to the FINISH LINE—Finish Strong- CONGRATS, LADIES!

## PINK RIBBON LOOP

- Start on gravel path by the river midway between walk and run start and head toward Robin Hood Bridge
- Stay on gravel path until Robin Hood Bridge.
- Make a left onto Robin Hood Bridge and stay to your left
- Go through the parking lot and make a left on path up the hill
- Stay on path until Iron Bridge
- Make a left on Iron Bridge-Cross the bridge
- Bear left onto Park Drive to FINISH LINE