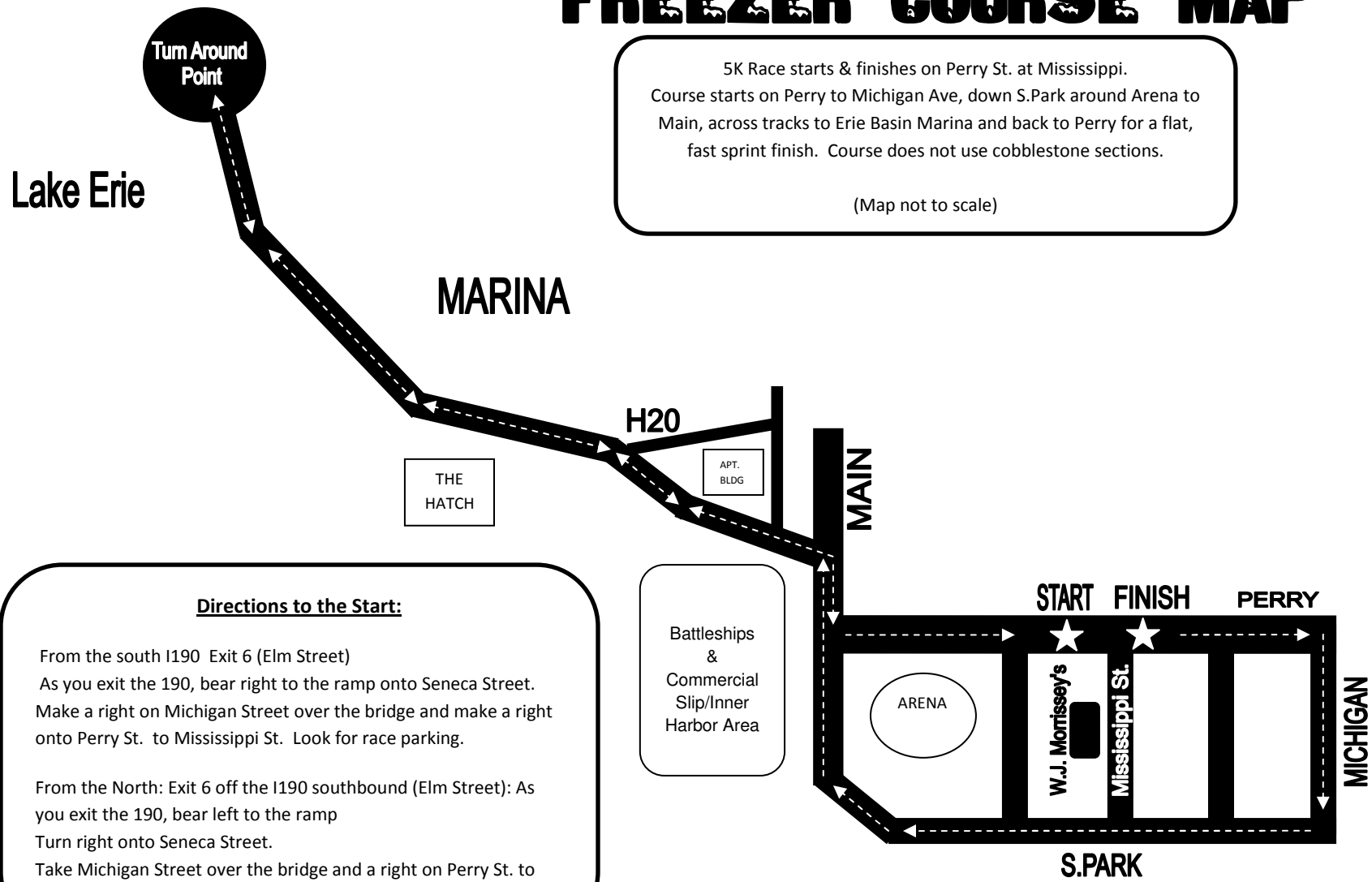


FREEZER COURSE MAP

5K Race starts & finishes on Perry St. at Mississippi.
 Course starts on Perry to Michigan Ave, down S.Park around Arena to Main, across tracks to Erie Basin Marina and back to Perry for a flat, fast sprint finish. Course does not use cobblestone sections.

(Map not to scale)



Directions to the Start:

From the south I190 Exit 6 (Elm Street)
 As you exit the 190, bear right to the ramp onto Seneca Street.
 Make a right on Michigan Street over the bridge and make a right onto Perry St. to Mississippi St. Look for race parking.

From the North: Exit 6 off the I190 southbound (Elm Street):
 As you exit the 190, bear left to the ramp
 Turn right onto Seneca Street.
 Take Michigan Street over the bridge and a right on Perry St. to Mississippi St. Look for race parking.