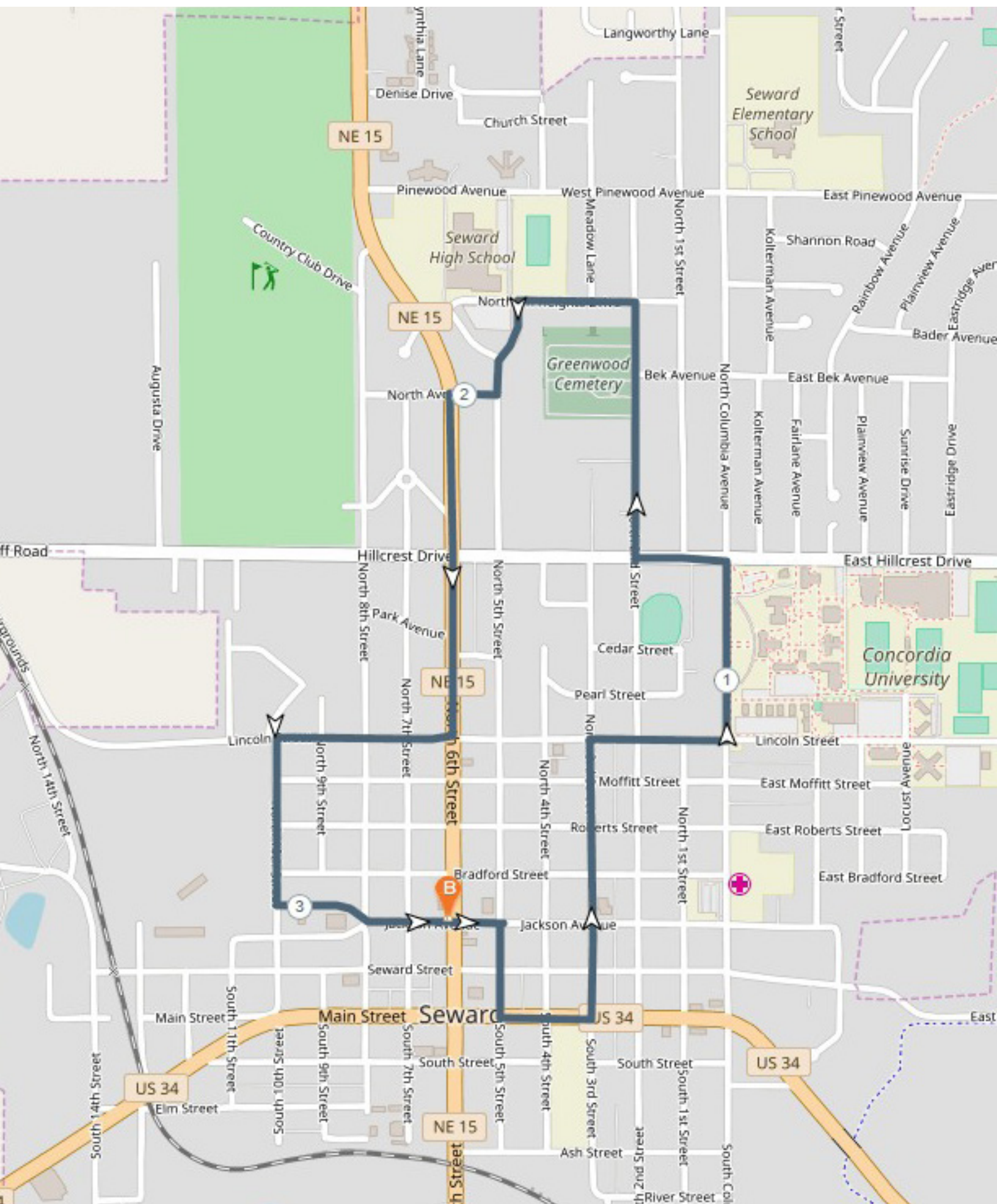


Benches Of Seward 2018 5K



Benches Of Seward 2018 5K

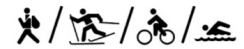
<u>No</u>	<u>Miles</u>	<u>Direction</u>
1	0.000	Start at front door of Fast Mart, cross street and turn L onto Jackson
2	0.082	Turn R onto N 5th St - benches at Bandshell
3	0.205	Turn L on Main St., Turn L on 3rd St. past Memorial Park - benches
4	0.724	Turn R on Lincoln, L on Columbia pass Concordia Univ. bench, St. John School - bench, St John Church - bench and Children's Memorial Garden - benches.
5	1.166	Turn L on Hillcrest and R on 2nd St.
6	1.432	You can turn into the driveway at Faith Lutheran Church and go straight back on gravel rd to the Memorial Garden if you like - benches
7	1.652	Turn L on Northern Heights Dr., L on 5th St.
8	1.955	Turn R onto North Ave and L on 6th St.
9	2.491	Turn R on Lincoln, L on 10th St.
10	3.101	Turn left onto Jackson Ave past Natl Guard Museum - benches and continue to Start/Finish.



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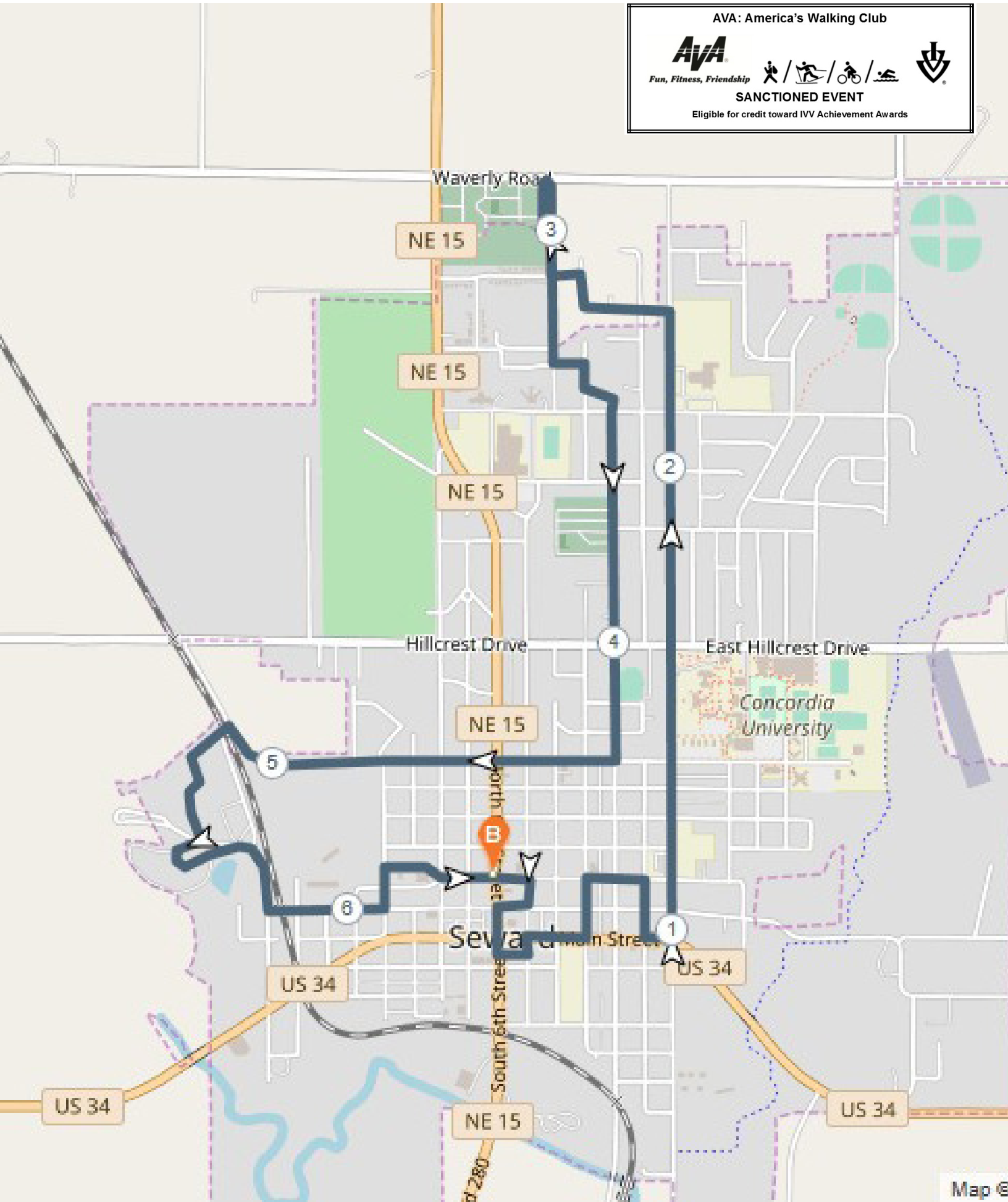
Benches Of Seward 2018 10K

AVA: America's Walking Club



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards



Benches Of Seward 2018 10K

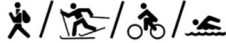
<u>No</u>	<u>Miles</u>	<u>Direction</u>
1	0.009	Start at Fast Mart front door
2	0.081	Cross street and turn L on Jackson - bench by Insurance bldg. Turn R on 5th past Bandshell -benches.
3	0.143	Turn R on Seward, bench by bank, benches around Court House.
4	0.210	Turn L on 6th, Turn L into alley by library -bench, thru alley and L on 5th - bench at Youth Center, Turn R on Main.
5	0.545	Turn L on 3rd past Memorial Park - Benches, Turn R on Jackson
6	0.801	Turn R on 1st bench on Hosp corner, Turn L on Main at Police Dept - bench.
7	0.985	L on Columbia - bench by Hospital door, bench at Concordia Univ, bench at St. John School, bench at St. John Church, Benches at Children's Memorial.
8	2.337	Turn L on Langworthy, R on Meadowlane, L on Graham Park, R on 4th.
9	2.759	Take first L into cemetery -benches, first R and loop out of cemetery back to 4th St past Veterans Memorial - benches.
10	3.254	go back on 4th to L on Church St through parking lot, door of church - bench, out to Pinewood. Cross and go down 2nd St.
11	3.875	Optional turn into Faith Lutheran Church and go straight back to Memorial Garden - Benches.
12	4.258	Turn R on Lincoln
13	5.131	Turn L at Ag Rd cross RR tracks into fairgrounds, L at 4H center - bench/gazebo, past barns, Ag Pav - bench, Snak Shack -bench, to R past bridge on Fairgrounds Cr.
14	5.517	Pass Horseshoe area - bench, Harvest Hall - bench, up to 14th St under arch.
15	5.801	Pass pool - benches, pass Moffitt Park - benches, Turn L on Seward
16	6.082	L on 10th St, R on Jackson past Natl Guard - benches and return to Start/Finish.

0.064 / 6.412 km miles

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Benches Of Seward 2018 15K

AVA: America's Walking Club



SANCTIONED EVENT

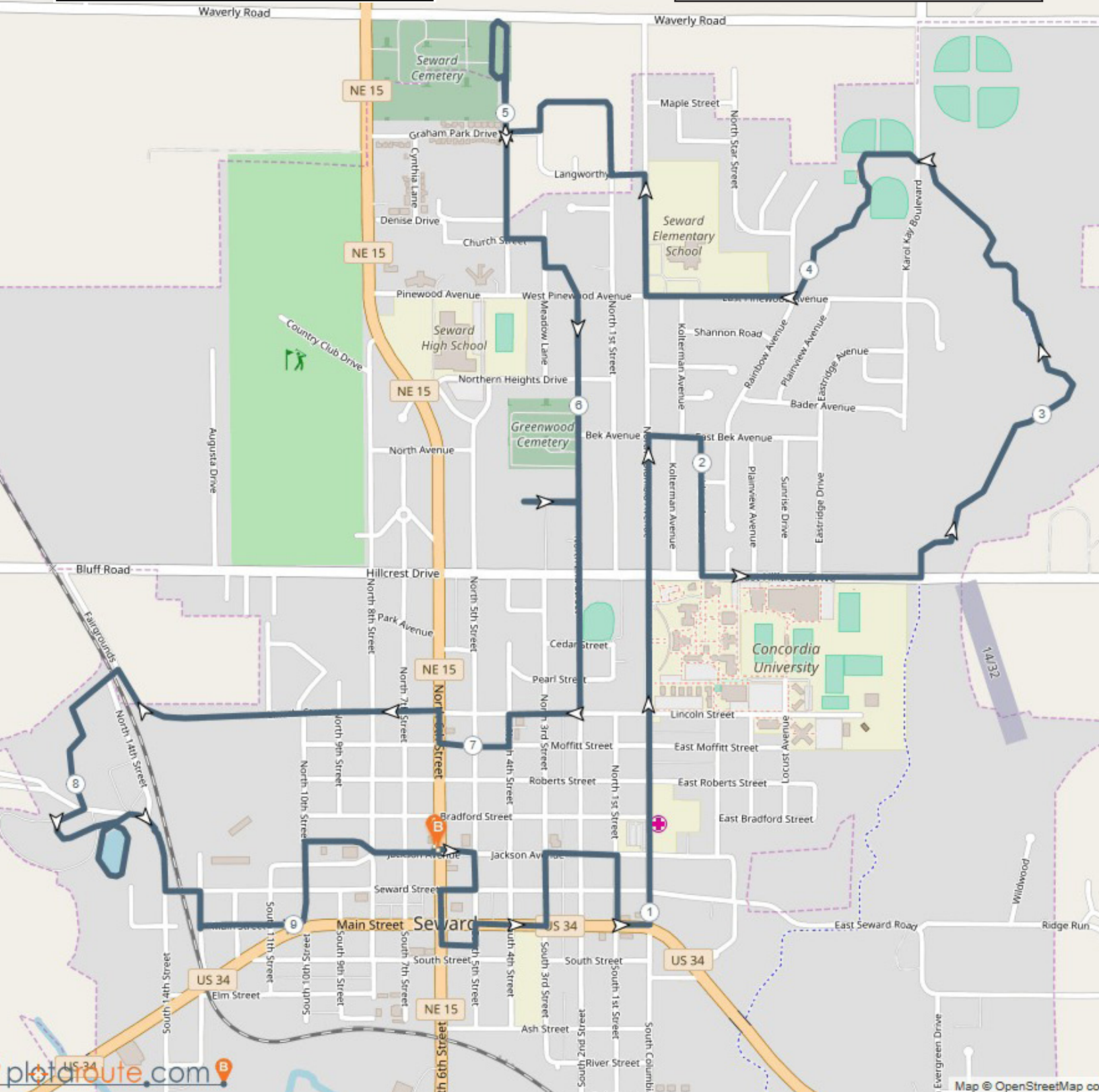
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Benches Of Seward 2018 15K

<u>No</u>	<u>Miles</u>	<u>Direction</u>
1	0.000	Start at Fast Mart front door. Walk straight across st and turn L on Jackson. Benches by Insurance Co. Turn R on 5th St past bandshell new benches.
2	0.138	Turn R on Seward past bench-bank corner and benches around Court House
3	0.202	Turn L on 6th. Turn L into alley pass by Library - bench
4	0.364	Through alley, turn L on 5th, Turn R on Main - bench Youth Center
5	0.532	Turn L on 3rd, pass Memorial Park - benches, Turn R on Jackson - Fire Dept - bench
6	0.794	Turn R on 1st - bench corner of hospital parking lot. Turn L on Main St at Police Dept - bench
7	0.978	Turn L on Columbia walking past entrance of Hospital - bench, Concordia Univ - bench St. John School - bench, St. John Church - bench, Children's Mem. - benches.
8	1.859	Turn R on Bek past park -bench, Turn R on Fairlane , L on Hillcrest to Bek Park-bench.
9	2.597	Continue down hill turn L on Bike Path - benches.
10	3.635	Pass the Garden - benches. Cross Karol Kay continue thru past softball, baseball field on the sidewalk up thru Plum Creek Park - bench, reach Pinewood Ave.
11	4.062	Turn R on Pinewood, R on Columbia, L on Langworthy, R on 1st, L on Maple, R on Graham Park, R on 4th.
12	4.966	Take first L into the Cemetery and first R past 2 benches. Continue R out to the road and loop back down 4th St past the Veterans Memorial - benches.
13	5.590	On 4th St turn L on Church St. thru the parking lot and door of St. Vincent Church - Bench - and out to Pinewood St.
14	5.800	Walk straight ahead on 2nd St. to driveway of Faith Lutheran Church. Turn Right go straight back on the gravel to Memorial Garden, stroll around - benches, then exit back R on 2nd.
15	6.749	Turn R on Lincoln, L on 4th, R on Moffitt - Liberty House bench, R on 6th, L on Lincoln - bench
16	7.740	Turn L on Ag Road and cross RR tracks and enter Fairgrounds, L around 4H bldg - Bench/Gazebo, past barns and Ag Pav - bench, R on fairgrounds Cr past bridge take a loop past Horse Shoe area - bench, Harvest Hall - bench.
17	8.203	Walk towards covered dock by pond, take a loop to left around the pond - benches. Go R exiting Fairgrounds under the arch on 14th pass pool - bench and Moffitt Park - bench.
18	8.698	Turn L on Seward, R on 13th, L on Main curve onto 10th, R on Jackson Ave passing Natl Guard - benches.
19	9.354	Return on Jackson to the Start/Finish at Fast Mart - Thank you for walking!

1.177 / 9.412 km miles