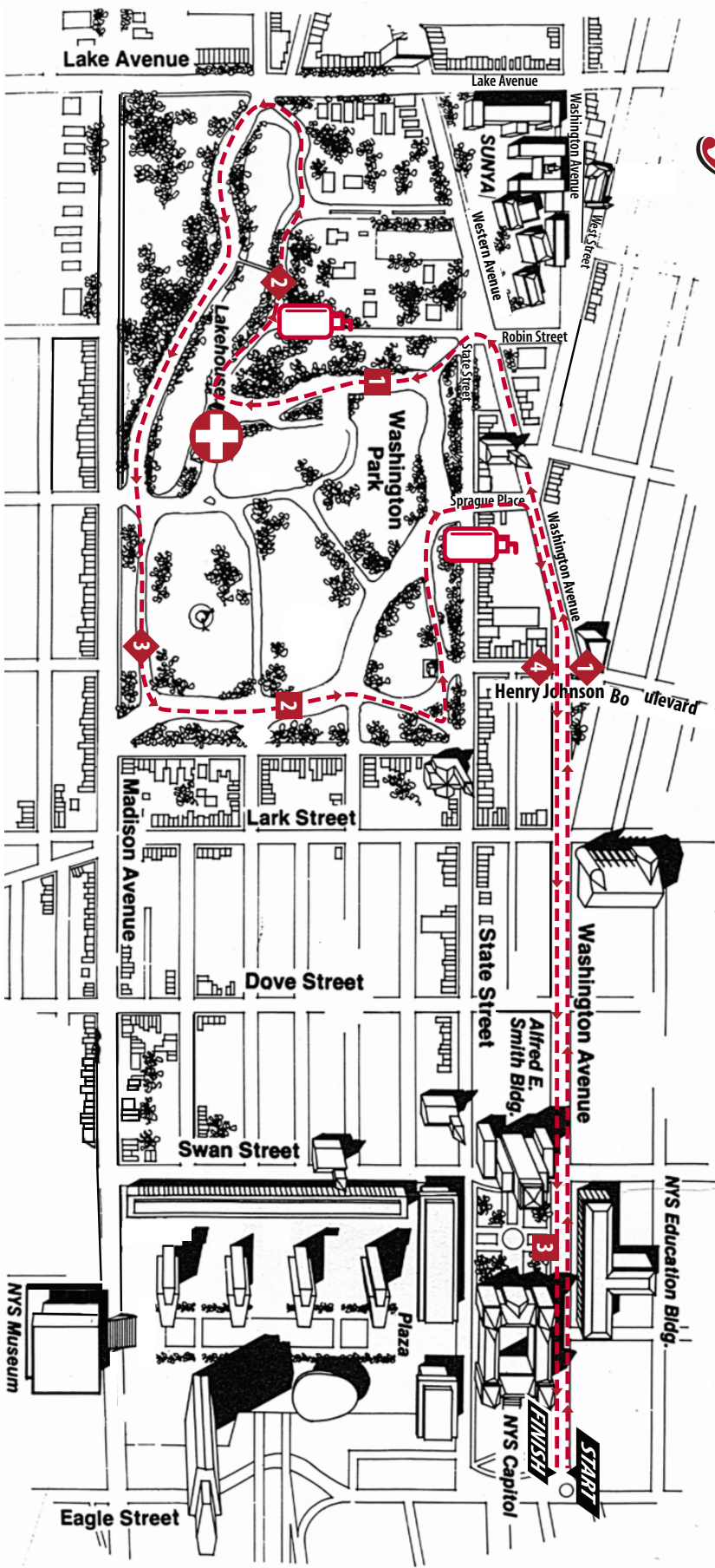




USATF
ADIRONDACK



run for women 5K



- WATER
- FIRST AID
- MILE MARKER
- KILOMETER MARKER

5 K Running Course