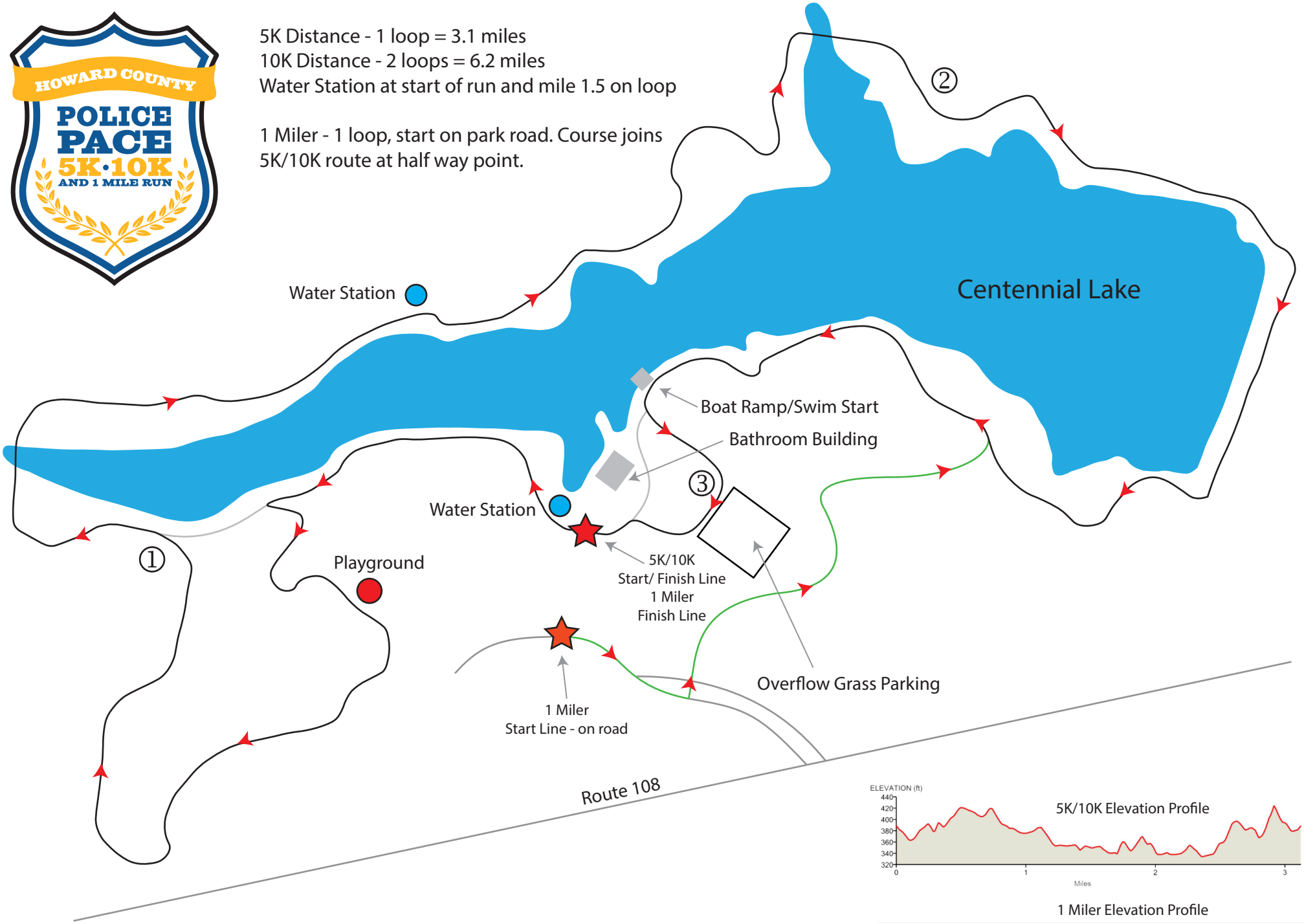
HOWARD COUNTY
POLICE PACE
5K·10K
AND 1 MILE RUN

5K Distance - 1 loop = 3.1 miles
10K Distance - 2 loops = 6.2 miles
Water Station at start of run and mile 1.5 on loop

1 Miler - 1 loop, start on park road. Course joins 5K/10K route at half way point.



1 Miler Elevation Profile