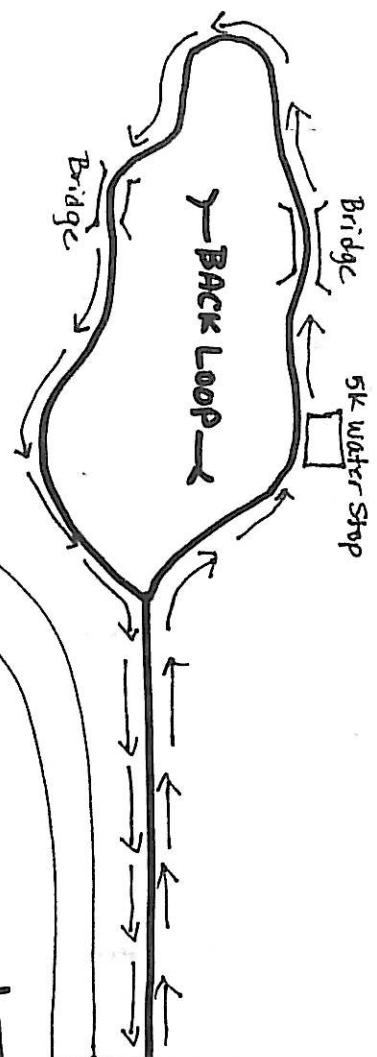


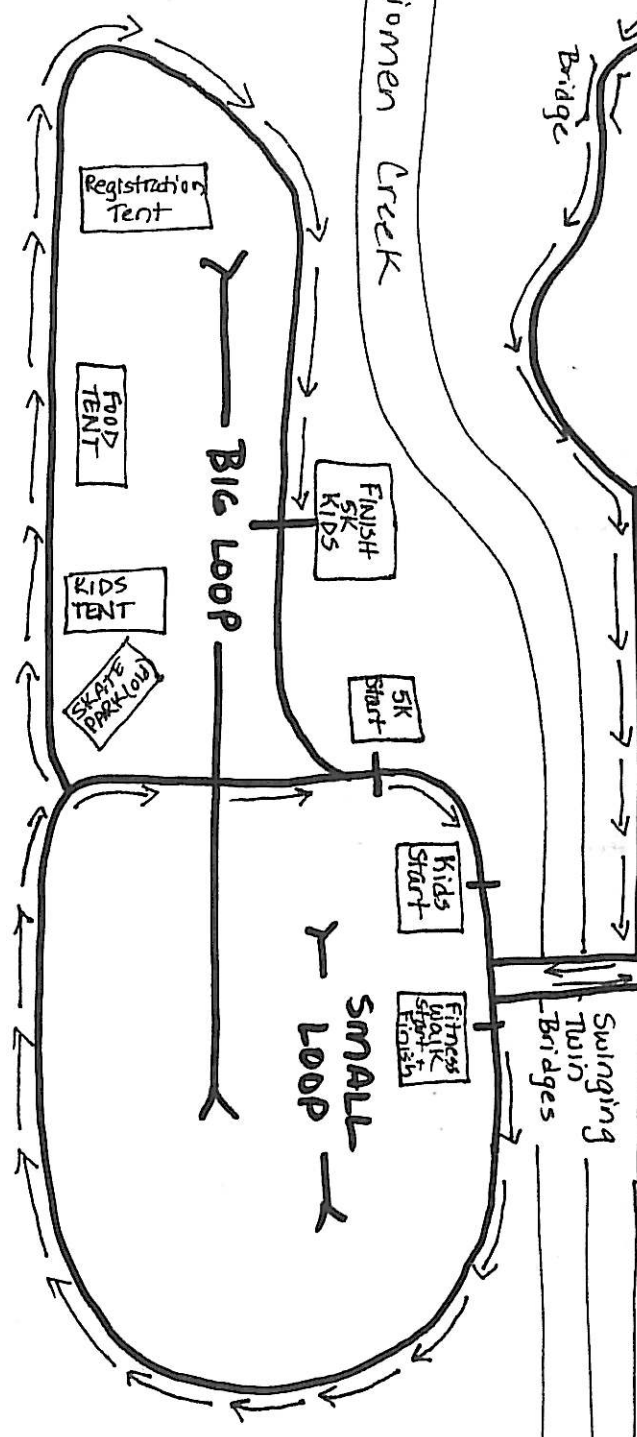
HEART TO HEART COURSE MAP



FITNESS WALK
 Begin at bridge.
 Cross bridge and turn left.
 Follow arrows around "back loop". Cross back over bridge + finish where you started.

5K Course
 2 "small loops"
 Cross bridge + turn left. Follow arrows around "back loop". Cross back over bridge. Finish with 1 "big loop"

Perkiomen Creek



CONSTITUTION AVENUE

LANDIS SUPERMARKET

KIDS FUN RUN
 1 lap around "small loop"
 then
 1 lap around "big loop"