

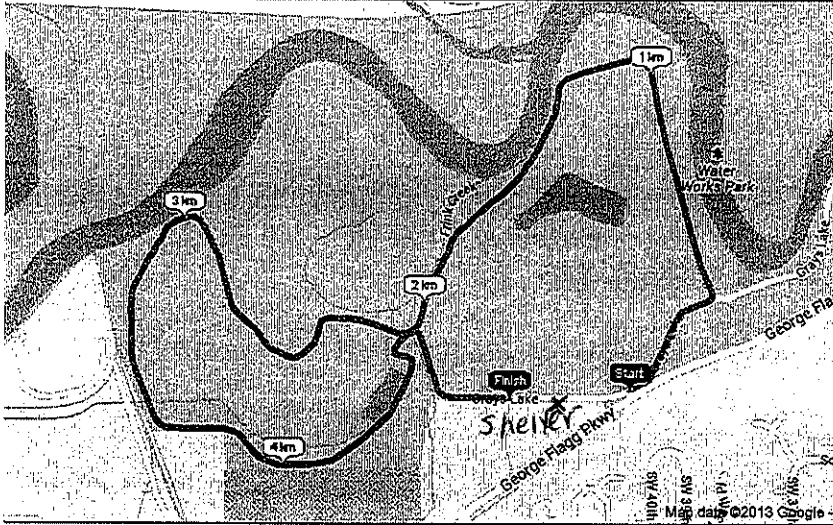
# USATrack & Field

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## Heart Connection 5K-2

5K Run/Walk  
+ 10K first loop

**Distance:** 3.11 miles / 5.00 km  
**Location:** Start: Shelter  
Water Works - Des Moines, IA, US  
**Attributes:** loop, all flat, roads  
**Description:** loop



### Elevation Profile

Click to view elevation profile

Total climb: 0 feet / 0 m  
Total elevation change: 0 feet / 0 m

Added by S. Bobenhouse on 6/1/2009  
**DISCLAIMER:** USATF and the author of this route make no warranties as to the conditions, safety, distance accuracy, or suitability for running of this route. Run at your own risk!

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Heart connection 10K (second 5K)

**Rating:** based on 1 review

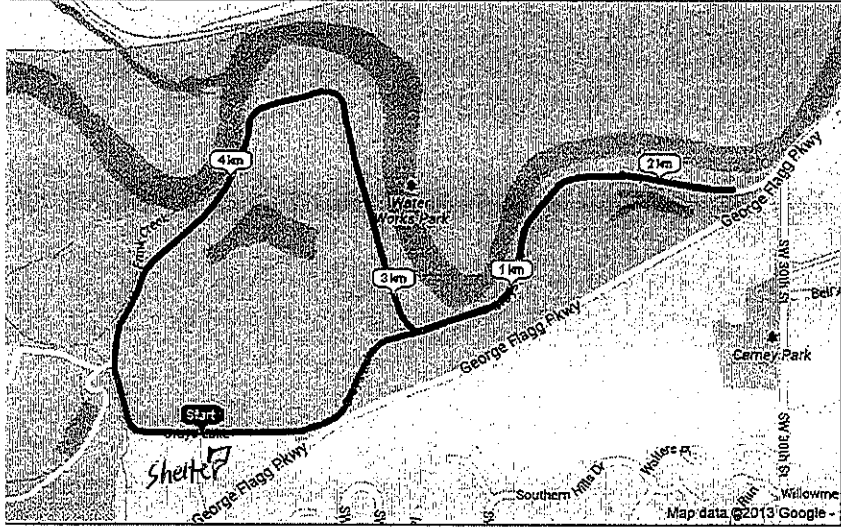
**Distance:** 3.10 miles / 4.99 km

**Location:** Start: Trailhead  
Water Works - Des moines, IA, US

**Attributes:** loop, all flat, roads

**Description:** Second half of 10K

10K Second loop



**Elevation Profile**

Click to view elevation profile

Total climb: 0 feet / 0 m  
Total elevation change: 0 feet / 0 m

*Added by S. Bobenhouse on 6/1/2009*  
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