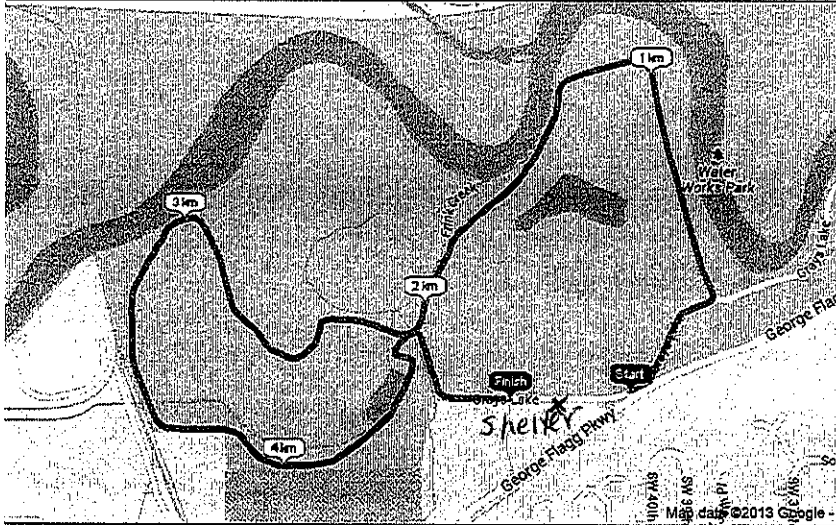




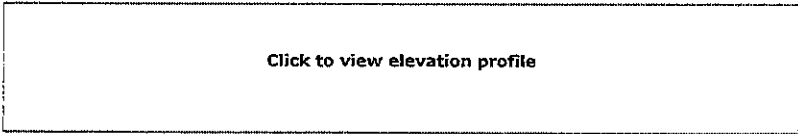
Heart Connection 5K-2

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



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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