

## Course Details

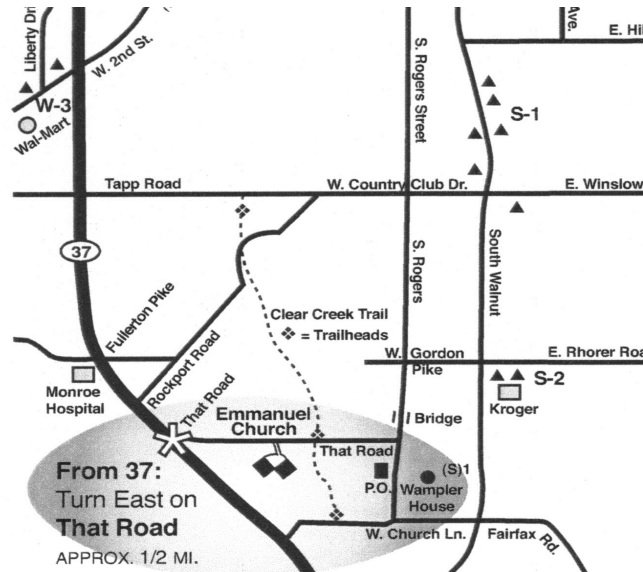
Everyone is welcome to enjoy the beauty of southern Monroe County by running or walking on our newly developed 5 kilometer cross-country course.

The measured 5K course begins at the Shelter House and winds along a mowed and rolled trail that is clearly marked with signs as well as pavers embedded into the trail.

You will find a map of the route inside this brochure. Feel free to follow the course as mapped or run “outside the box” as you see fit.

Feedback from our community of running and walking enthusiasts is encouraged and can be submitted to Pastor Tom at [tkammel@indiana.edu](mailto:tkammel@indiana.edu).

Continue checking back with **Indiana Running Company** for further information about upcoming races to be scheduled on this course!



## EMMANUEL BAPTIST CHURCH

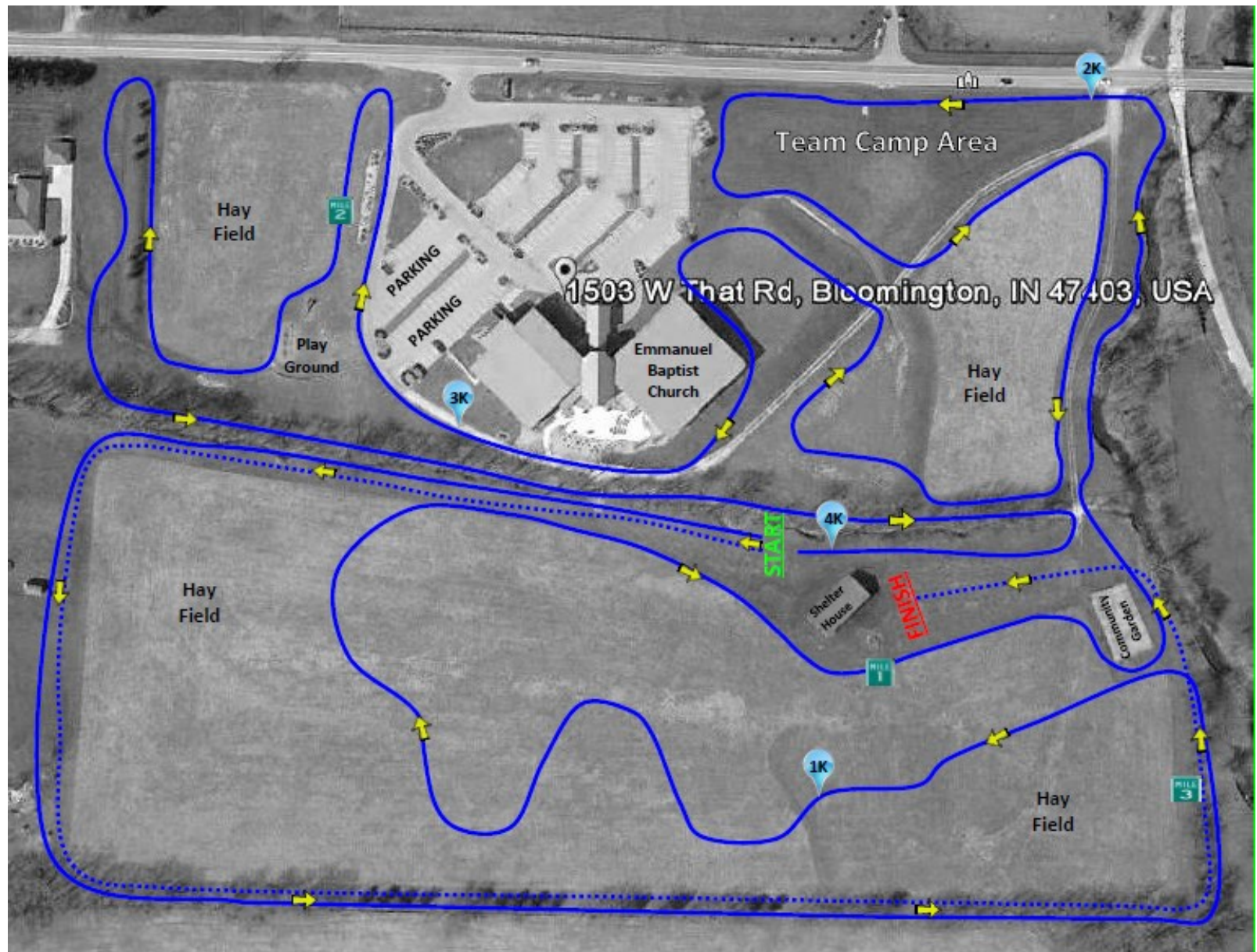
1503 W. That Rd.  
Bloomington, IN

812-824-2768  
[emmanuelbloom.com](http://emmanuelbloom.com)

# Introducing Emmanuel's 5K Community Running / Walking Course



Please park in our lot just west of the church. Once parked, follow the gravel road east to the bridge, and proceed to the **Shelter House**. The course follows the [solid blue line](#) for the first 4 kilometers, returns to the **START** and then follows the [dashed blue line](#) for the final kilometer to the **FINISH**. Enjoy your run and don't forget to let us know what you think.



***For bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. | Timothy 4:8***