

## Course Details

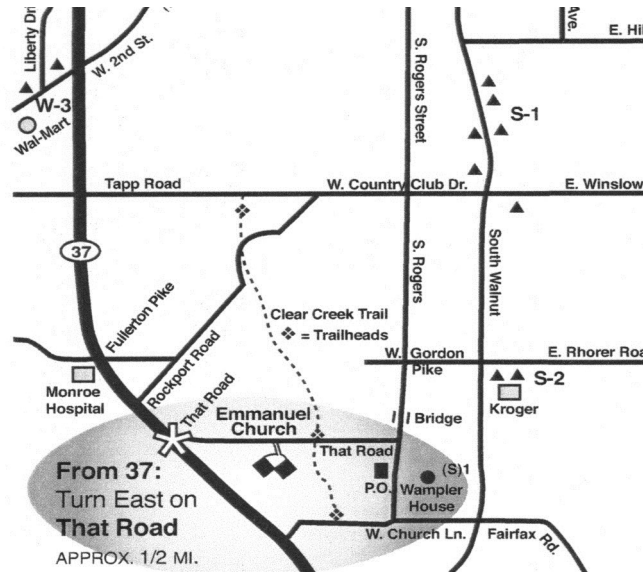
Everyone is welcome to enjoy the beauty of southern Monroe County by running or walking on our 5 kilometer cross-country course.

The **USA Track Federation** certified 5K course begins at the green banner 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).

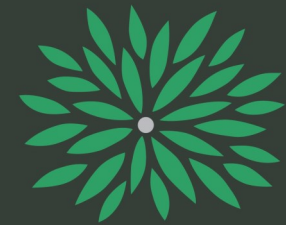
Call the Emmanuel office for further information about upcoming races to be scheduled on this course!



## EMMANUEL BAPTIST CHURCH

1503 W. That Rd.  
Bloomington, IN 47403

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



Emmanuel

## 5K Community Running / Walking Course

*I will run in the way of your  
commandments when you  
enlarge my heart!*

**Psalm 119:32**

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 yellow line for the first 4 kilometers, and then repeats the back section of the course (following the dashed line) to the **FINISH**. Enjoy your run and don't forget to let us know what you think.

