

TRI-CITIES FAMILY YMCA 2015 Coast Guard Festival Run

presented by

**North Ottawa Community Health
System**

5K (3.1 miles)



The Race begins and finishes at the YMCA. The course is challenging, with varied terrain, and offers the beautiful scenery of Lake Michigan and Grand Haven.
The 5K route is US Track & Field Certified.

**Start: Sherman Avenue at Sand Drive
Veer Right on Howard Avenue
Right on Sheldon Road
Right on to Grand Avenue
Right on Harbor Drive
Right on Y Drive
Finish in front of YMCA**

