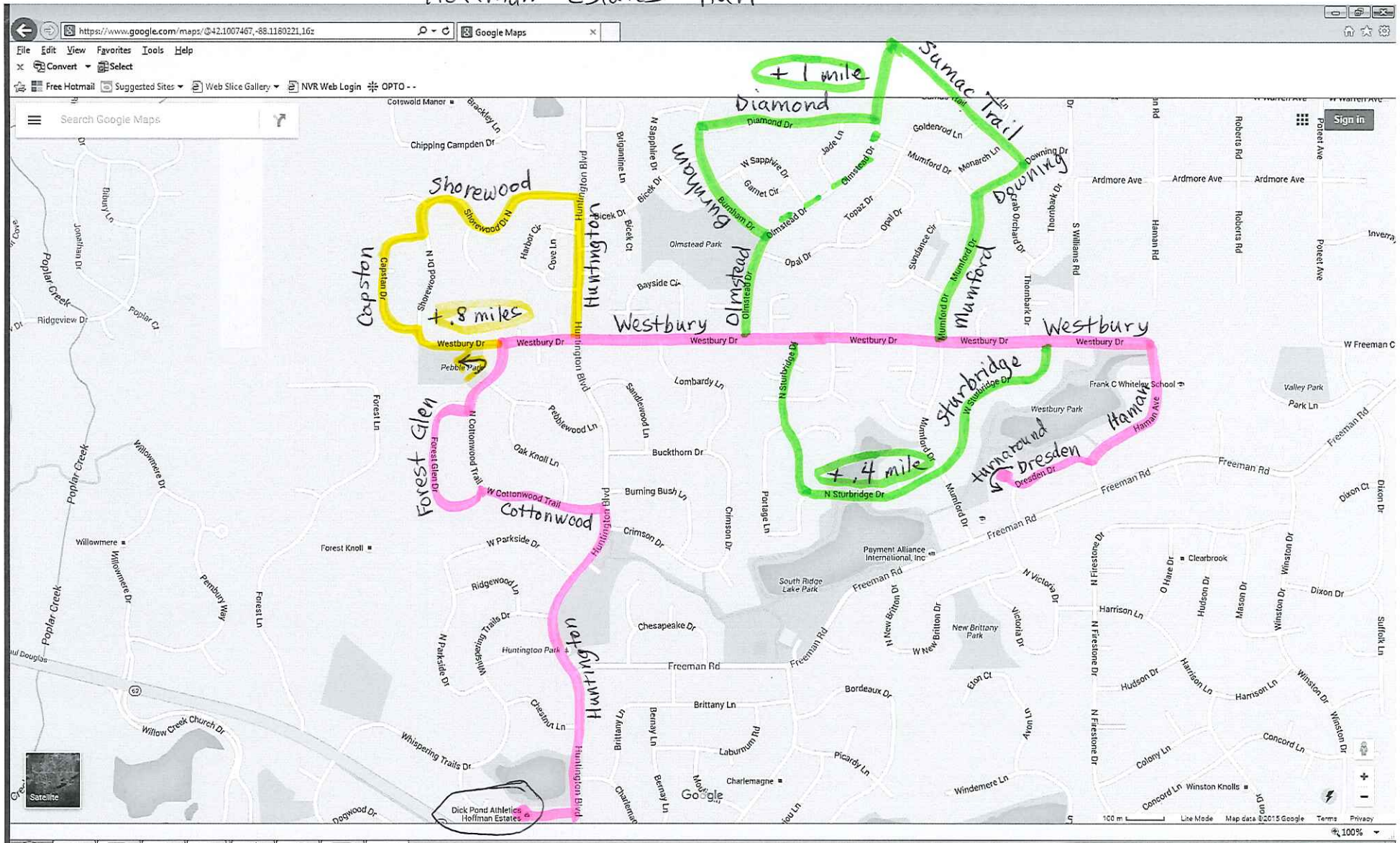


Hoffman Estates Run




5 mile base route (out and back)

Adds .8 mile

Adds 1 mile

Adds .4 mile

north Fartlek course → follow  on Olmstead
 south Fartlek course