

NAMIWalks Route



Directions for the 5K:

- o Blast off from the start gate and head up onto the Shared Use Path (SUP). As you exit the SUP in San Marco, make the first turn and run behind Nemours Hospital and along the river. (Don't go straight towards Palm Ave)
- o Emerge from the SUP and make a right turn onto LeBaron Ave, where you'll find the On-Course Water Station.
- o Turn Left onto Cedar Street
- o Turn Right onto Palm Ave.
- o Turn Left onto Lasalle St.
- o Turn Right onto River Road
- o Take River Road to Laverne Street, make a U-Turn at the intersection of River/ Laverne, then head back along the course, over the river, and back into the NAMIWalks event space to cross the Finish Line.



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the world sees
mental health.



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