

## **Fulton 5K**

The 2023 Fulton Five will be held on October 29 at 2:00 pm. Everyone is welcome to this Capital City Road Runners fun run.

The Nashwaaksis Middle School - off Fulton Avenue - is the start and finish for the event.

This year we will be running in the counter-clockwise direction. The course is as follows:

- Starting at the Nashwaaksis Middle School, you descend the school driveway;
- turn left onto Fulton Avenue and run until it reaches Maple St (*please use the sidewalk*);
- run on Maple St until it reaches Douglas Avenue;
- turn left at Douglas Avenue and climb to the top of Douglas Avenue, then enjoy the downhill until you reach Fulton Avenue;
- turn left on Fulton Avenue, and run to the driveway leading to Nashwaaksis Middle School;
- Turn left and run up the driveway and back to the start/finish line.

After the fun run, participants can congregate at TrailWay Brewing on Main Street.