

Spa 10K
5 K Course Descriptions
8:00 a.m. November 19, 2011

5K Course:

Beginning on Convention Blvd (Palm and Convention) proceeds to Malvern Ave.
Crossing Malvern Ave. to Broadway
Thru Broadway to Market St.
Right on Market St, crossing Central Ave to Quapaw
Left on Quapaw to Fern St.
Right on Fern St.
Left on Pecan to Flint St. (from this point this is the same course as the 10K)
Left on Flint St. to Quapaw Ave.
Left on Quapaw Ave. to Market St.
Right on Market St., crossing Ouachita and Central Ave. to Broadway
Left on Broadway, under bank and crossing Malvern Ave. to Convention Blvd.
Thru to Convention Blvd.
Finish on Convention Blvd prior to Palm St.

Street Closings:

7:45 am - 8:15 am	Convention Blvd. between Palm and Malvern Ave.
8:00 am - 8:15 am	Malvern Ave. between Convention Blvd and Spring St.
8:00 am - 8:15 am	Broadway and Market St.
8:00 am - 8:30 am	Central Ave. Between Market and Quapaw
8:05 am - 8:30 am	One lane Quapaw Ave. between Market and Fern.
8:15 am - 8:25 am	One lane Fern St between Quapaw and Pecan.
8:15 am - 8:25 am	One lane Pecan St. and Flint St. between Prospect and Quapaw
8:25 am - 9:00 am	One Lane Quapaw between Flint St. and Market
8:30 am - 9:30 am	One lane Market between Quapaw and Broadway
8:30 am - 9:30 am	Crossing on Ouachita and Central on Market
8:30 am - 9:30 am	One lane Broadway between Market and Convention Blvd.
8:30 am - 9:30 am	Crossing Malvern Ave. on Broadway
8:30 am - 9:30 am	One lane Convention Blvd. between Malvern Ave. and Palm