



Florida Section
AIR & WASTE MANAGEMENT
A S S O C I A T I O N

First Annual

5K

RUN
2017
WALK

Thursday, October 26th 2017

7:00 a.m. at Cascades Trail at Intersection of W. Van Buren and South Adams
(Map on next page includes walking directions, event parking, & run route)

7:30 a.m. Run/Walk Starts

Trail around Cascades Park

First 10 people to register will receive a commemorative hat!

Registration Fee: \$20 (\$10 for students)

Proceeds will help fund Young Professionals events

Contact Info: Christina.Akly@fpl.com / (352) 562-9524

Directions via Railroad Ave & Capital Cascades Trail

Residence Inn by Marriott Tallahassee Universities at the Capitol

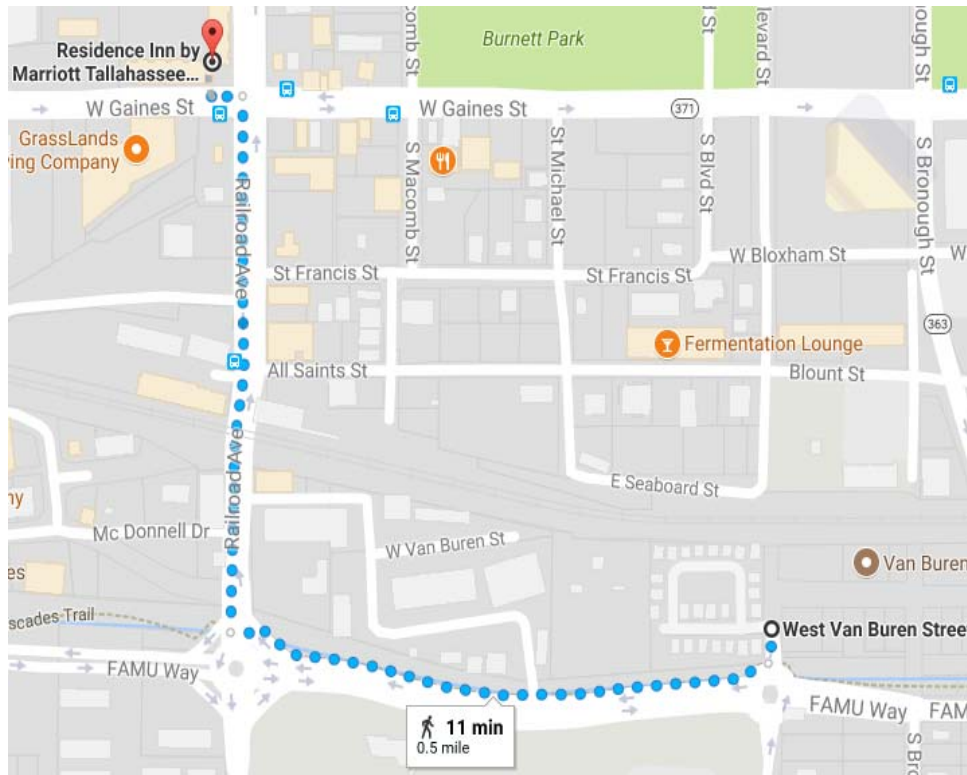
Head east on W Gaines St toward Railroad Ave (79 ft)

Turn right onto Railroad Ave (0.2 mi)

Turn left onto Capital Cascades Trail (0.3 mi)

Turn left onto S Martin Luther King Jr Blvd (82 ft)

Arrive at W Van Buren St & S Adams St



Cascades Park

LEGEND

- 1 Smokey Hollow Commemoration
- 2 Capital Cascades Trail
- 3 History Monuments
- 4 Smokey Hollow Pond
- 5 Korean War Memorial
- 6 Historic Smokey Hollow Barber Shop
- 7 St. Augustine Branch Stream Restoration
- 8 Discovery Garden
- 9 Meridian Plaza Signature Bridges
- 10 Capital City Amphitheater
- 11 Meridian Plaza
- 12 Cascades Fountain
- 13 Imagination Fountain
- 14 Historic Electric Building
- 15 Centennial Field Commemoration
- 16 Boca Chuba Pond
- 17 Historic Centennial Field Wall
- 18 Capital Cascades Pedestrian Bridge

G1 Pensacola/Meridian Gate
 G2 Lafayette Gate
 G3 Gaines/Meridian Gate
 G4 Myers Park Gate
 G5 Bloxham/Gadsden Gate
 G6 Suwannee/Gadsden Gate
 G7 South Monroe Gate
 G8 Bloxham Gate

--- Handicap Accessible Routes
 ■ Stairs

PARK HOURS
 Sunrise to sunset
 except in lighted
 areas and during
 permitted events

PARK RULES
 Defacing property,
 littering, swimming,
 unauthorized vendors
 and unleashed dogs
 are prohibited.



Meet up at W. Van Buren & S. Adams St. Start Run here

Onsite parking enter from S. Gadsden St.

