

Couch Tater to 5K
Out and Back Course

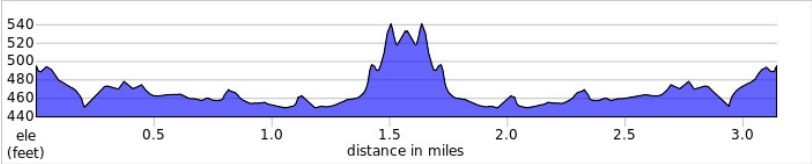


To view the course, turn by turn scan the QR code below or visit –

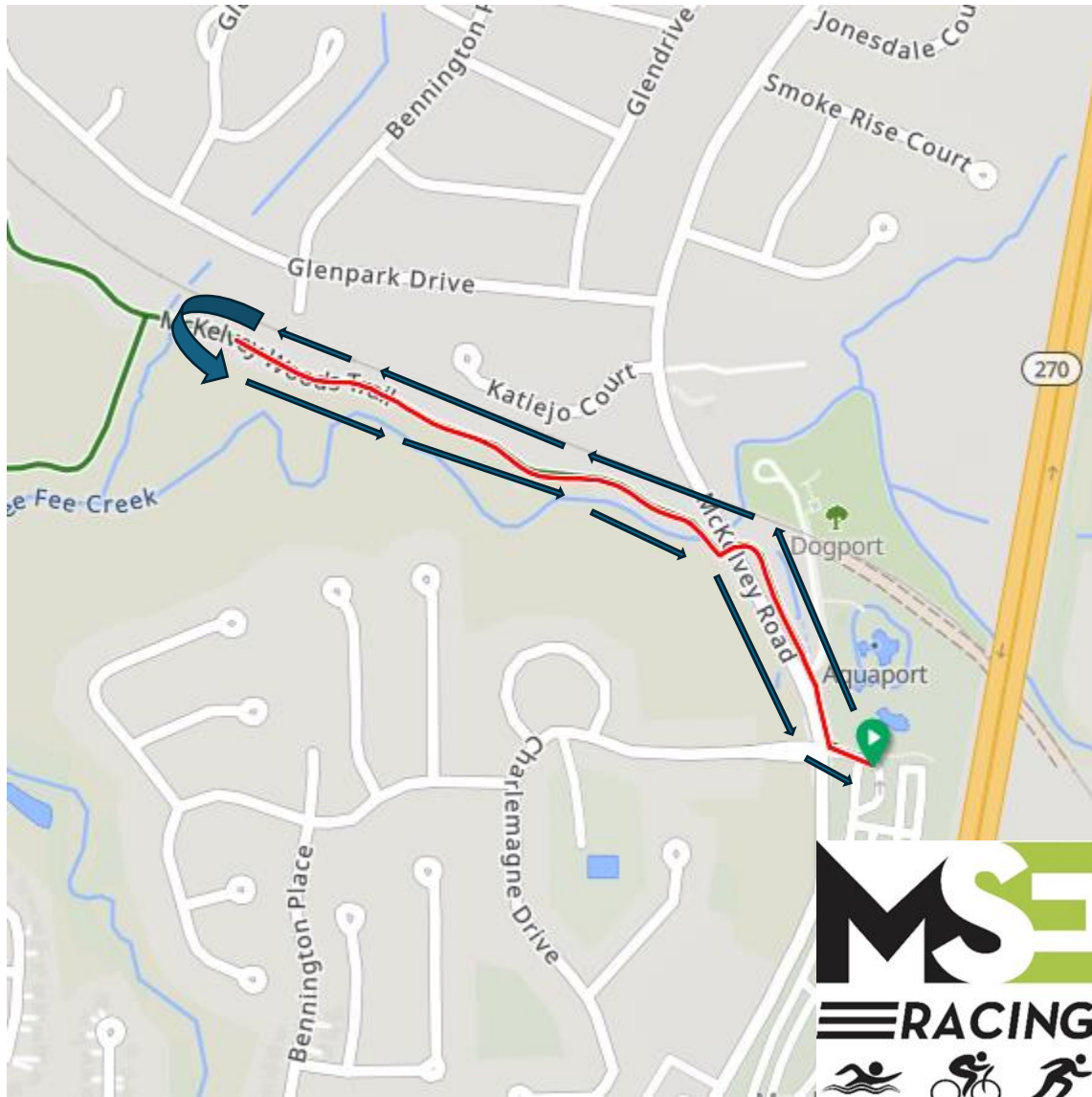
<https://ridewithgps.com/routes/48930754>



Elevation Map



**Couch Tater to 1 Mile
Out and Back Course**



To view the course, turn by turn scan the QR code below or visit –

<https://ridewithgps.com/routes/48957431>

