



# 5K Road Race



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|---|---|---|
|  <b>START</b>          |  <b>FINISH</b>           |  <b>TIMING</b> |
|  <b>WATER</b>          |  <b>TOILETS</b>          |   |
|  <b>ISOTONIC DRINK</b> |  <b>SOFT DRINK</b>       |   |
|  <b>BANANAS</b>        |  <b>MEDICAL SERVICES</b> |   |