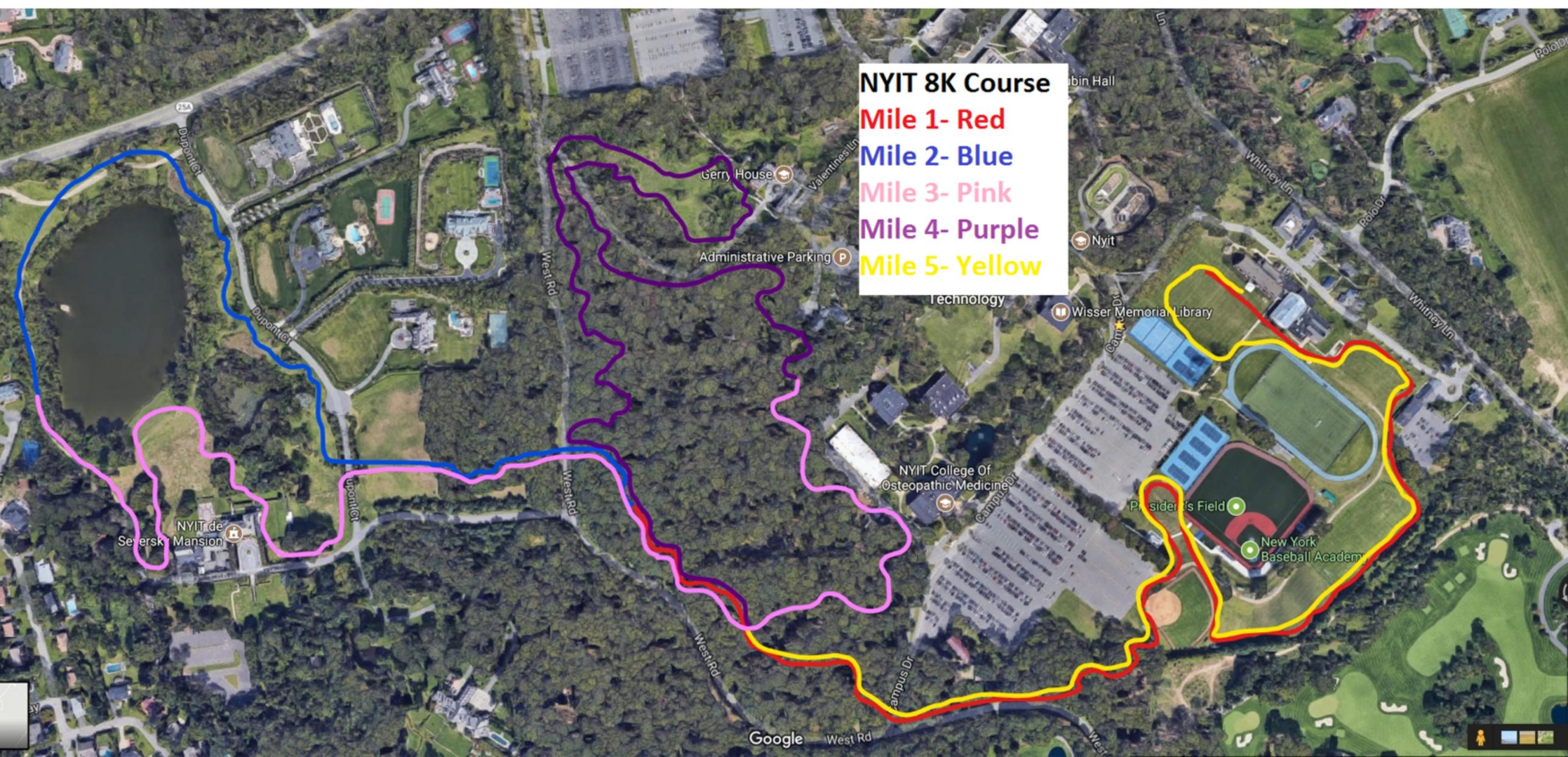




**NYIT 5K Course**  
**Mile 1- Red**  
**Mile 2- Blue**  
**Mile 3- Yellow**



**NYIT 8K Course**  
**Mile 1- Red**  
**Mile 2- Blue**  
**Mile 3- Pink**  
**Mile 4- Purple**  
**Mile 5- Yellow**