

\* SINCE LIFEORATE AND LAAMISTAD ARE BOTH HOUSED UNDER THE SAME CHURCH, WE ARE USING THEIR EXACT RACE ROUTE THAT HAS ALREADY BEEN PERMITTED.

USATF # GA 11093 WC  
 Effective: 11/21 to 12/31/21

**LAAMISTAD BUCKHEAD 5K**  
 Atlanta, GA

Mailbox #315  
 2 mile

Creek

1 mile

Mailbox #3655

Valley Rd NW  
 Tuxedo Cr NW  
 Woodsham Rd NW

Valley Rd NW  
 Habersham Rd NW  
 Valley Rd NW

START 5K  
 FINISH 5K

Light post  
 FINISH 5K  
 Peachtree Presbyterian Parking Lot  
 Stop sign  
 Manhole cover  
 13'5"

36'4"  
 61'5"

Cones (3) at apexes of triangle  
 No cones this segment.

Speed hump  
 Speed hump  
 Speed hump

3 mile  
 3 mile

Washer Station #1  
 Washer Station #2

Valley Rd NW  
 Habersham Rd NW  
 Valley Rd NW

Measured and Drawn by:  
 Vince Adams  
 Villa Rica, GA 30180  
 vince.adams@comcast.net  
 160-22011

Ref. 37'11"  
 13'4"  
 4'1"  
 7'1"  
 188'4"  
 45'7"  
 Ref.

Manhole covers (2)  
 Mailbox #3463  
 Mailbox #3455

Speed hump  
 Speed hump  
 Speed hump

3 mile  
 (To Finish)

Notes: 1. Start, Finish, and mile marks have nail, washer, yellow paint, and 4" stencil letters.  
 2. Runners are restricted to right lane by cones for the full course, except between Start and Habersham Rd, and except between Habersham Rd and Finish. 3. Beware of old markings nearby in white from previous race.

- 5K Start: On Valley Rd NW, 4'1" E of No-Parking sign, 37'11" W of mailbox #3463.
- 1 mile (1.6 km): On Tuxedo Rd NW, aligned with (across street) mailbox #3655.
- 2 mile (3.2 km): On Valley Rd NW, 71'5" W of mailbox #315.
- 3 mile (4.8 km): On Valley Rd NW, 7'1" W of mailbox #3455.
- 5K Finish: In parking lot at rear entrance/exit of Peachtree Presbyterian Church, 3434 Roswell Road, Atlanta, GA. 61'5" N and 13'5" W of manhole cover. 36'4" S of Light Post.

