

Iron Tribe Fitness "Tribe 5K" Turn by Turn and Site Layout details.

The "Tribe 5k" event will begin at 830 Willoughby Way, Atlanta, GA 30312 at the Historic Fourth Ward Park Skate Park. Participants will use the sidewalk leading onto the Atlanta Belt Line Eastside Trail and head North towards Piedmont Park where they will turn around and head back south along the Eastside Trail to the Skate Park, where the event will end. There will be four short workouts during the process of the 5K run.

- Begin at H4WP Skate Park with a short workout
- Enter Atlanta Belt Line Eastside Trail and head North
- At the ½ mile mark, near the Beltline Food Shed, the participants will stop for a short workout
- Participants will proceed along the beltline to Piedmont Park for another short workout
- Participants will then return South via the Eastside Trail for ¾ of a mile and do another workout
- The "Tribe 5K" will end at the H4WP Skate Park
- Participants will be encouraged to go to Iron Tribe Fitness at 699 Ponce de Leon Ave NE for fellowship after finishing.

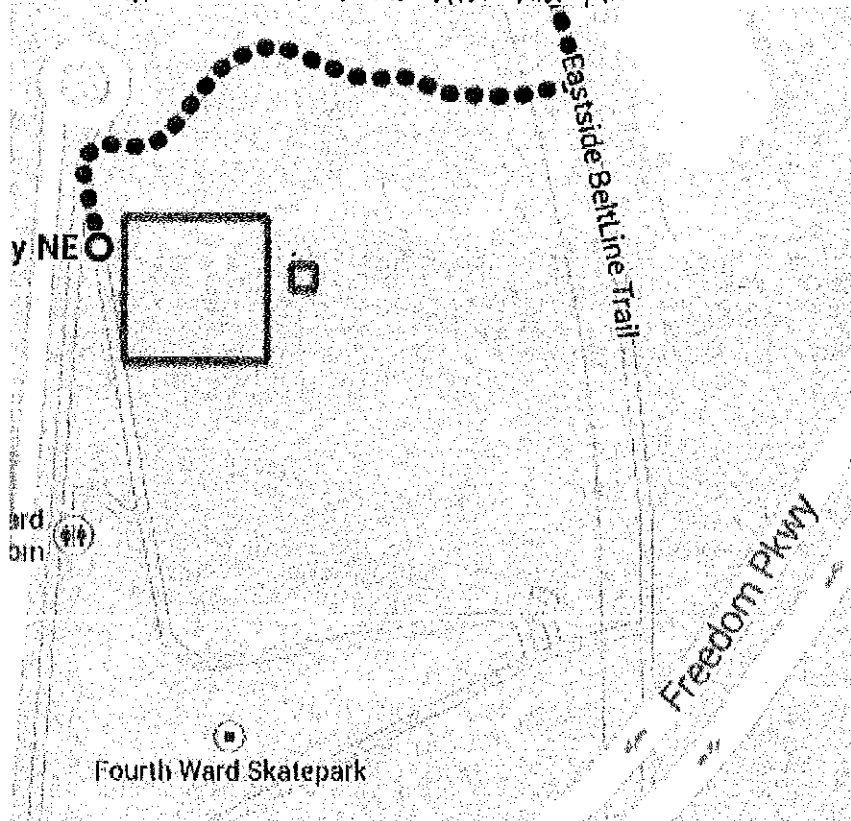
Workouts for the "Tribe 5K"

- Workout 1: Two Rounds of 15 Burpees broad jump and 15 Sit-Ups
- Workout 2: Two Rounds of 15 Back Squats and 15 Bar Push-Ups
- Workout 3: Two Rounds of 15 Wall Ball Presses and 15 Overhead Lunges
- Workout 4: Two Rounds of 15 Kettle Bell Swings and 15 Goblet Squats

Map of Workout Stations

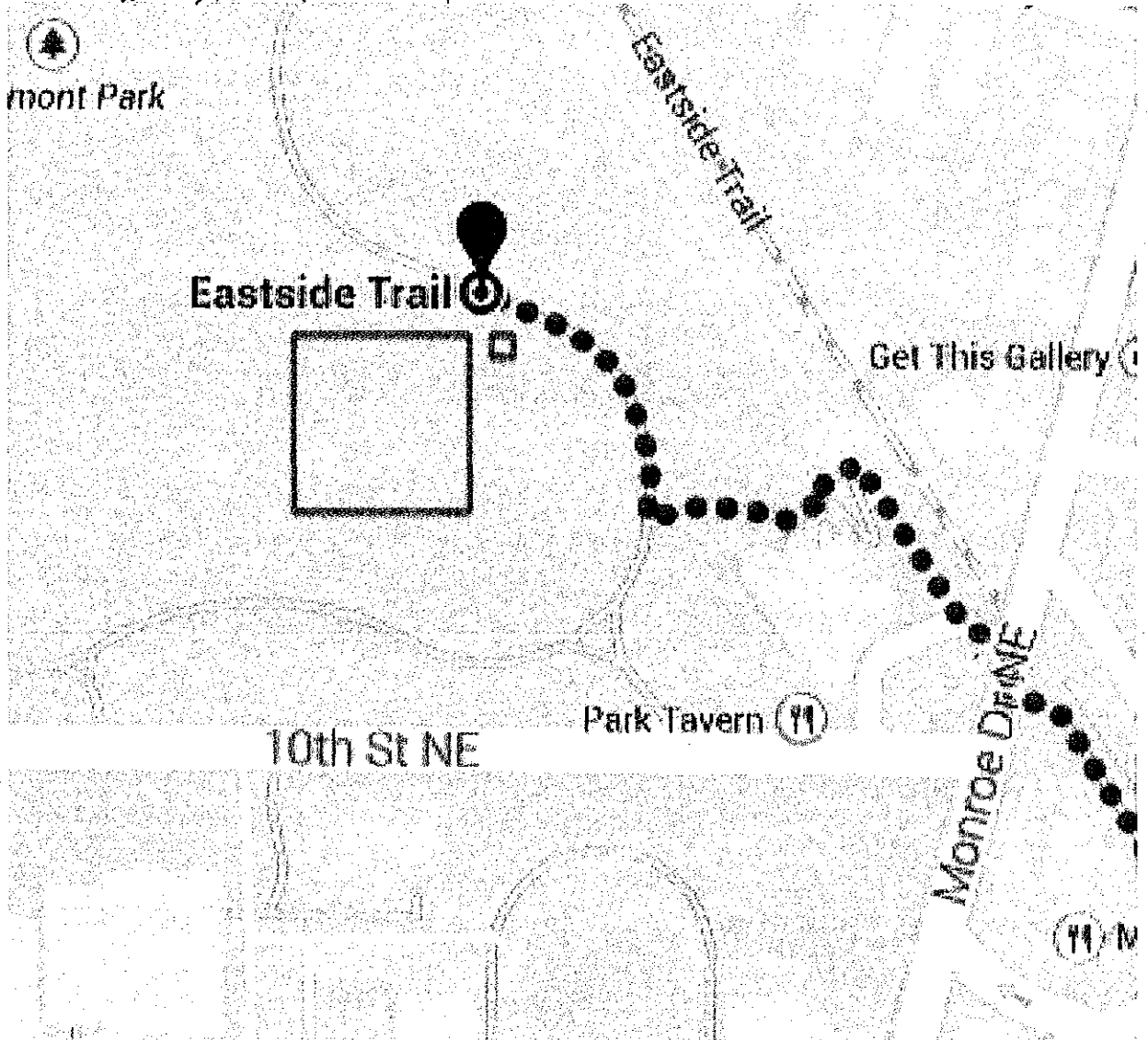
Workout Station 1 and "Finish Line"

- One 10x10 Tent (small blue square)
- Workout area for Burpees Broad Jumps and Sit-ups (large blue square)
- Water Station, Restrooms, and First Aid Kit



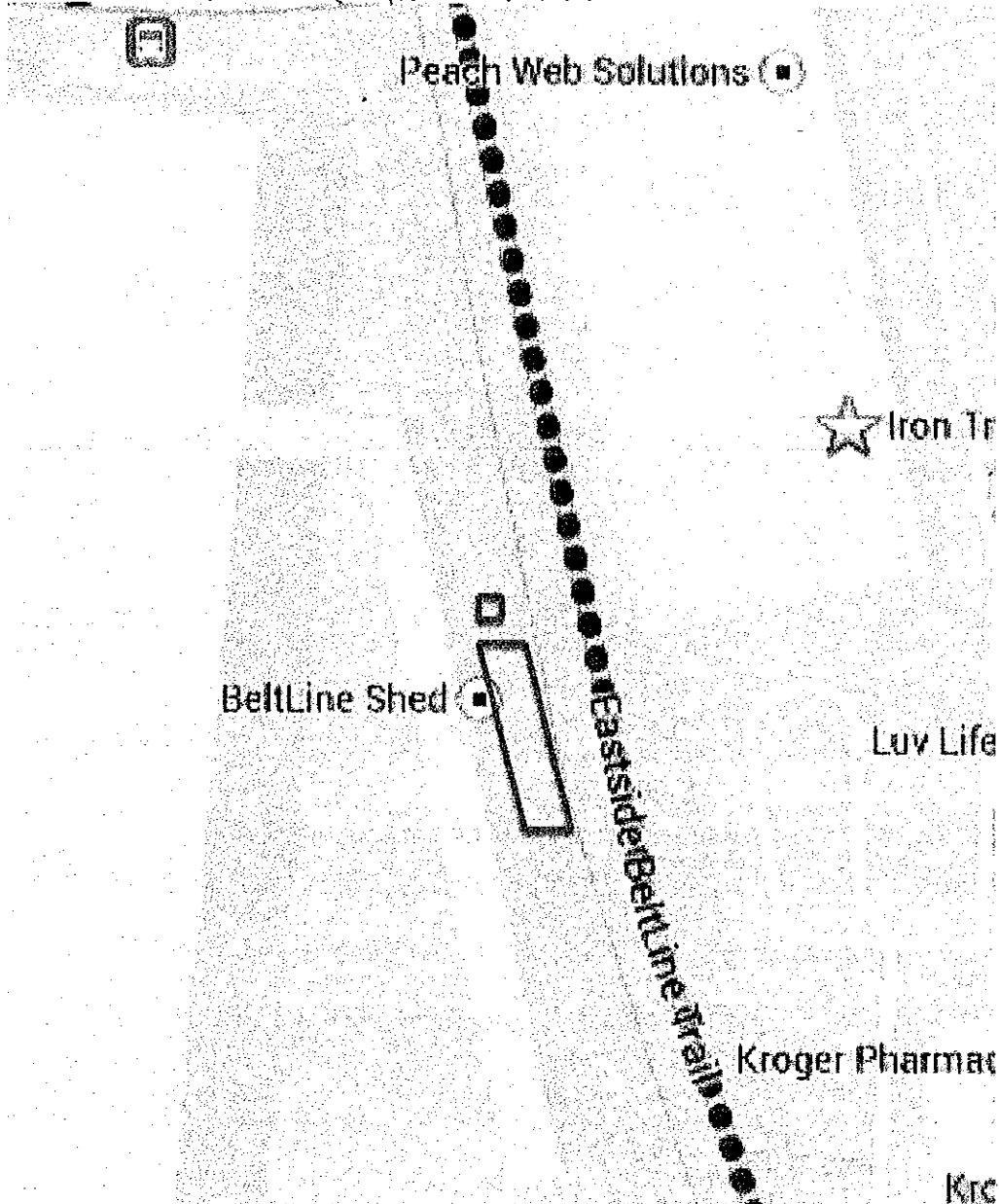
Workout Station 3

- One 10x10 Tent (small blue square)
- Workout area for WB Press and Lunges (large blue square)
- Water Station, Restrooms, and First Aid Kit



Workout Station 2 and 4

- One 10x10 Tent (small blue square)
- Workout area for Back Squats and Bar Push-Ups (large blue square)
- Workout area for KB Swings and Goblet squats (large blue square)
 - Workout 2 will be finished in time for workout 4 to begin, as there is 2 miles of running and workout 3 to spread out participants.
- *Water Station and First Aid Kit*



Map of "Tribe 5K" Route

- Blue dots denote the path along the Belt Line
- Starting line and finish line at 830 Willoughby Way
- Midway Point will be at Piedmont Park (red marker on map)

