My Heart Counts 5K and 10K 2022 Courses

Stanford Medicine MyHeart Counts 5K

- Start of Stanford Medicine MyHeart Counts 5K
- Mile 1
- Aid Station
- Mile 2
- Mile 3
- Finish

Stanford Medicine MyHeart Counts 10K

- Start of Stanford Medicine MyHeart Counts 10K
- End of Stanford Medicine MyHeart Counts 10K
- Mile 1 - 10K
- Aid Station 1
- Mile 2 (10K)
- Mile 3
- Mile 4 (10K)
- Aid Station 2
- Mile 5 (10K)