

# My Heart Counts 5K and 10K 2022 Courses

## Stanford Medicine MyHeart Counts 5K



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Start of Stanford Medicine MyHeart Counts 5K



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



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)

