

The following are 5K course options in the New Hampshire  
seacoast area.

**NOTES:**

- Please note that these routes are suggestions only and you may run **ANY 5K distance that you'd like ANY TIME** between September 7-13, 2020.
- Please adhere to all local recommended precautions including social distancing, limiting the number of people in your group, and using face coverings to keep yourself and others safe.
- Remember to report your completion and time:  
<https://runsignup.com/Race/Results/93822>



## CP5K's Traditional 5K Course



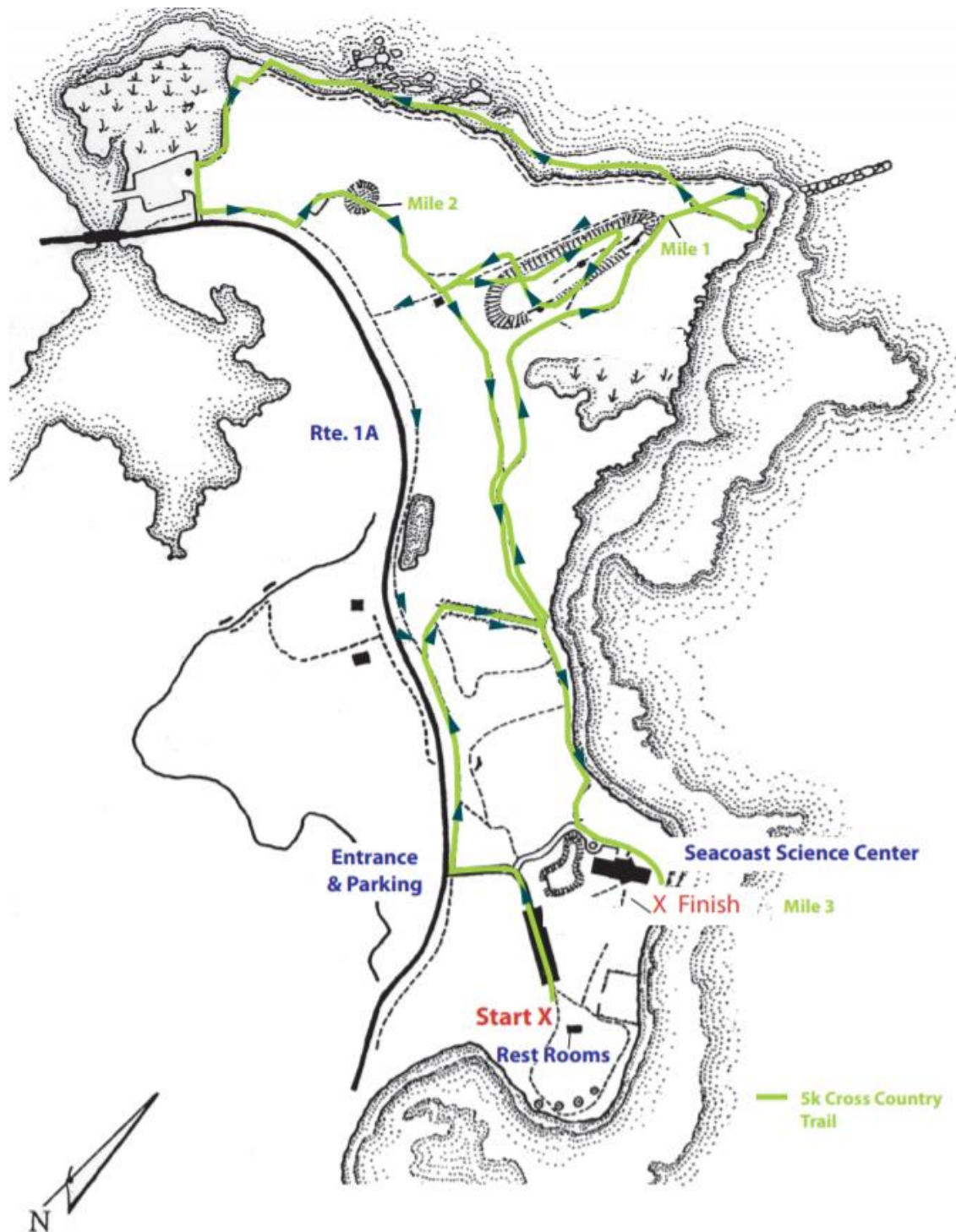
## Treadmill 5K at Planet Fitness

- New Hampshire locations:
  - 898 Central Avenue, Dover
  - 306 N Main Street, Rochester
  - 89 Fort Eddy Road, Concord
  - 775 Lafayette Road, Portsmouth
  - 713 Huse Road, Manchester
  - 99 Eddy Road, Manchester
  - 96 Daniel Webster Hwy, Belmont
  - 55 Crystal Avenue, Suite 402, Derry
  - 15 Freetown Road, Raymond
  - 20 Portsmouth Avenue, Stratham
  - 54 Calef Hwy, Lee
  - 18 Northwest Blvd, Nashua
  - Coliseum Avenue, Nashua
  - 360 Daniel Webster Hwy, Merrimack
  - 325 Lafayette Road, Seabrook
  - 553 S. Mast Road, Suite B-113, Goffstown
- Massachusetts locations:
  - 20 Arch Meadow Drive, Danvers
  - 17 Winter Street, Boston
  - 29 Traders Way, Salem
- Maine locations:
  - 635 Broadway, Bangor
  - 251 Kennedy Memorial Drive, Waterville
  - 1364 Main Street, Sanford
  - 730 Center Street, Auburn



Find a Planet Fitness club near you: <https://www.planetfitness.com/gyms/>

5K Course at Odiorne State Park, Rye, NH



**Odiorne Point State Park**

**5K Course in Barrington, NH**

Start/Finish, and all mile markers are marked with a P-K Nail and White Paint.

**Start/Finish:** On northeast side of the Barrington Kindergarten Bldg (School Annex) parking lot even with the center of the front doors to the Kindergarten Bldg, and in the middle of parking slot 7 counting from the northwest corner of the parking lot, and 4 ft 4 inches from the ends of the white lines marking the 7<sup>th</sup> parking slot.

**Mile 1:** On northeast side of Stone Farm Dr about 2 ft SE of the southeast side of the driveway for 73 Stone Farm Dr.

**Turnaround (TA):** In center of Mallego Rd between double yellow line, 3 ft 9 inches W of west side of front door of 327 Mallego, and 17 ft 9 inches W of UP 2-340-2 on south side of Mallego.

**Mile 2:** On north side of Mallego Rd 64 ft E of "Blind Driveway" sign on same side before intersection of Mallego and Lee Rds, and opposite yard of 274 Mallego.

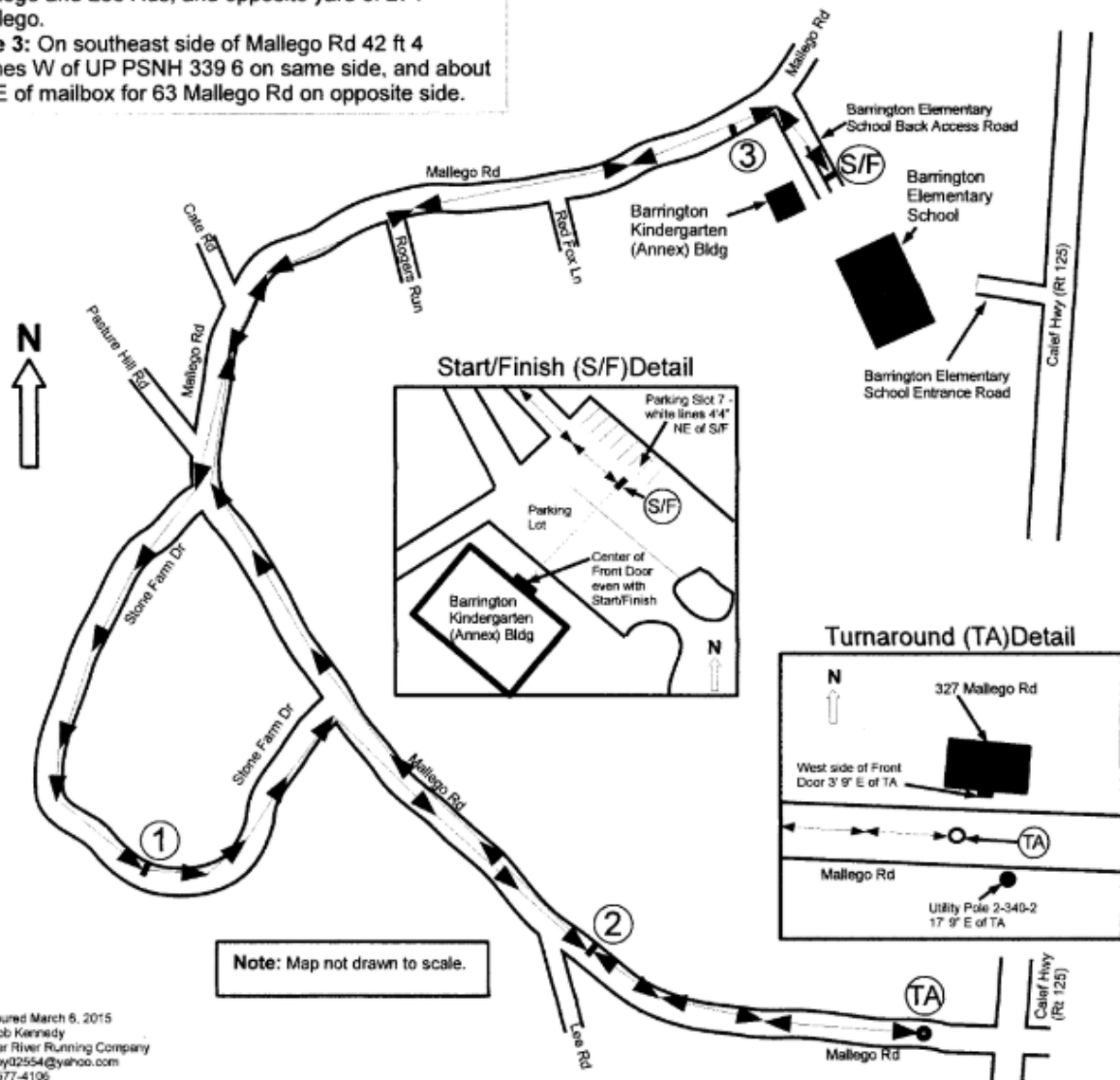
**Mile 3:** On southeast side of Mallego Rd 42 ft 4 inches W of UP PSNH 339 6 on same side, and about 49 E of mailbox for 63 Mallego Rd on opposite side.



**Peeper 5K Run/Walk**  
Barrington, New Hampshire

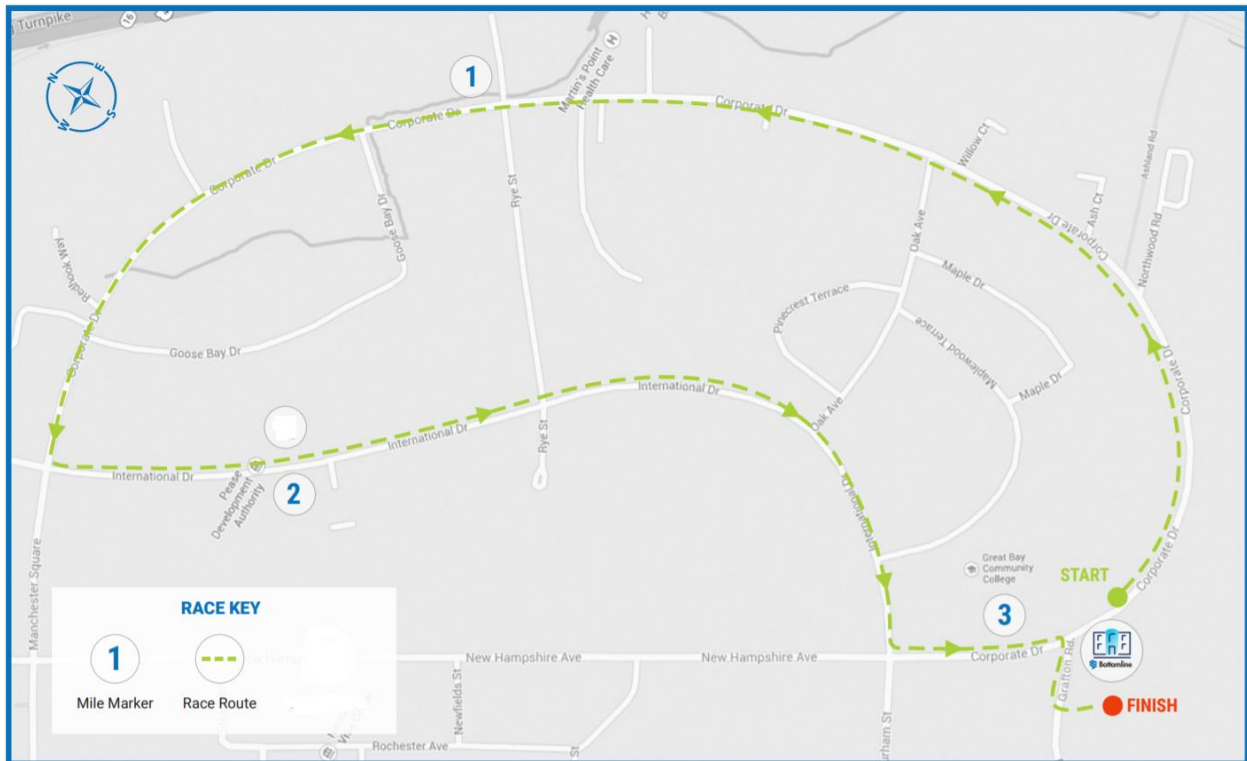


**PEEPER 5K RUN/WALK**  
**USATF CERTIFICATE NH15005TY**  
**EFFECTIVE 3-15-15 TO 12-31-25**



Measured March 6, 2015  
By Bob Kennedy  
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## 5K Course at Pease International Tradeport, Portsmouth, NH



**5K Course in Stratham, NH**

