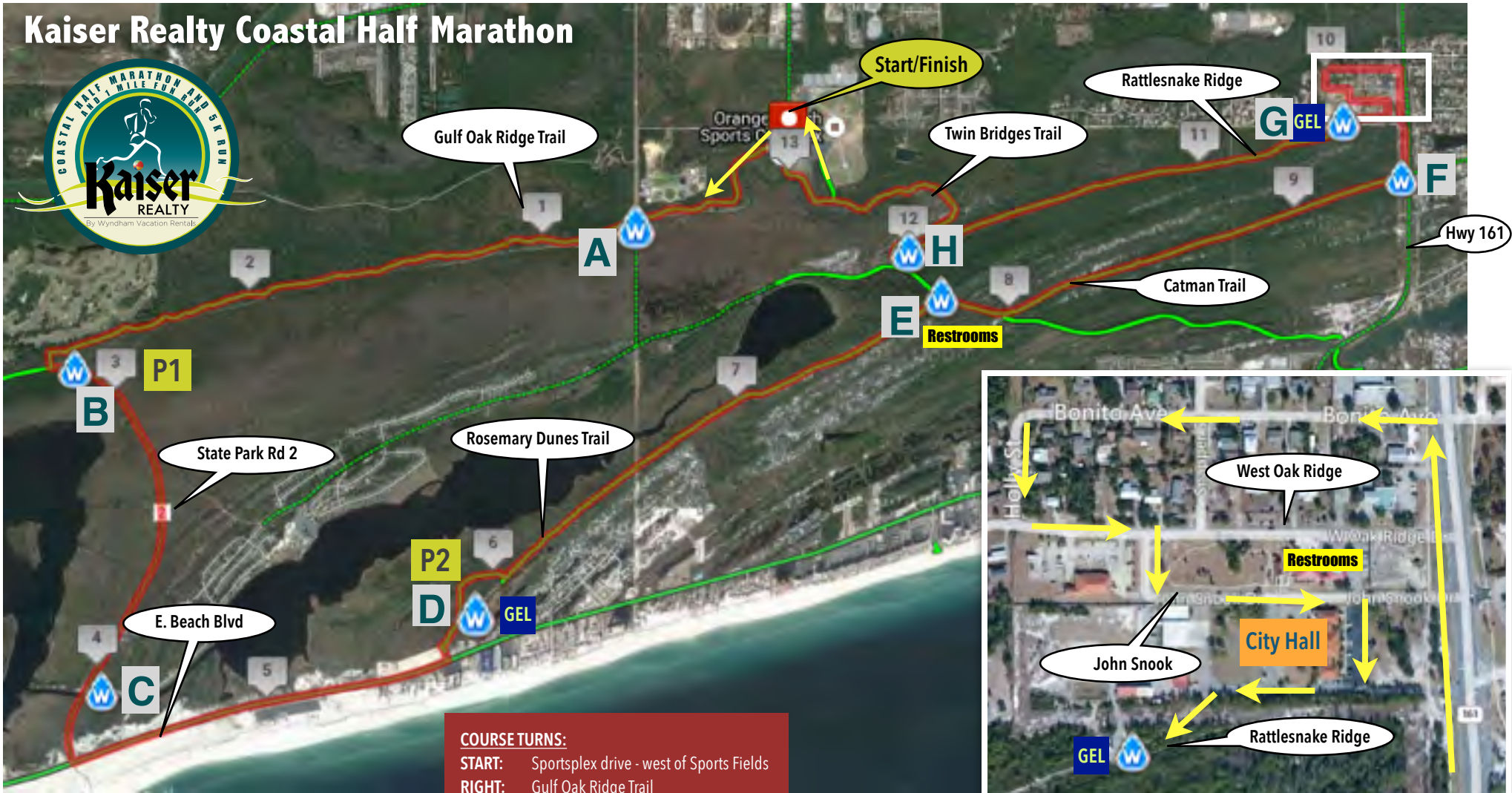


Kaiser Realty Coastal Half Marathon



COURSE TURNS:

- START:** Sportsplex drive - west of Sports Fields
- RIGHT:** Gulf Oak Ridge Trail
- LEFT:** State Park Rd 2
- LEFT:** E. Beach Blvd.
- LEFT:** Rosemary Dunes Trail
- RIGHT:** Catman Trail
- LEFT:** Sidewalk at Hwy 161
- LEFT:** Bonita Ave
- LEFT:** Holly Street
- LEFT:** W. Oak Ridge Drive
- RIGHT:** John Snook Drive
- RIGHT:** Parking Lot in front of City Hall
- RIGHT:** Road to Rattlesnake Ridge Trail
- LEFT:** Rattlesnake Ridge Trail
- RIGHT:** Twin Bridges Trail
- RIGHT:** To Finish at same location as Start

Aid Station Overview

1st Runner - Last Runner

Aid A = 0.75 mi

8:05 am - 8:15 am

Aid B = 2.75 mi

8:15 am - 8:45 am

Aid C = 4.25 mi

8:23 am - 9:20 am

Aid D = 5.75 mi

8:28 am - 9:45 am

Aid Station Overview

1st Runner - Last Runner

Aid E = 7.5 mi

8:39 am - 10:20 am

Aid F = 9.25 mi

8:46 am - 10:40 am

Aid G = 10.5 mi

8:54 am - 11:13 am

Aid H = 12 mi

9:02 am - 11:39 am

Restrooms:

- ◆ Locker Room at North Field
- ◆ 2 Portables at North Field
- ◆ Portable - near mile 3
- ◆ Portable - near mile 6
- ◆ Near mile 8 on Back Country Trail
- ◆ After mile 10 in City Hall Area - on left on John Snook Dr

COURSE NOTES:

> Travel Counter Clockwise

- > Run Against Traffic on State Park Rd 2, E. Beach Blvd, in City Hall Area
- > Stay Inside Cones (In Bike Lane) on E. Beach Blvd

Energy Gel Locations: Mile 5.75 & Mile 10.5

Water & Energy Drink Locations: See List (Aid A-H)