



SPRINT COURSE

RUN COURSE DESCRIPTION:
SPRINT 5K | INTERMEDIATE 10K

EXIT:

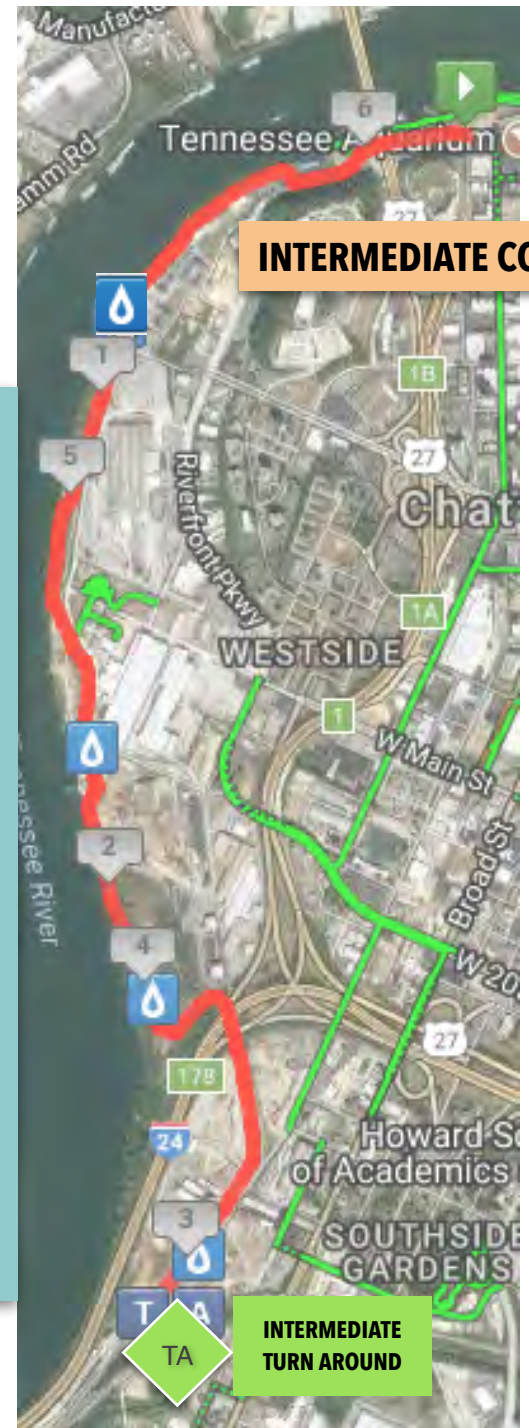
- NW corner of race transition area
- Proceed WEST on Riverfront Parkway to Springhill Suites
- Enter Riverwalk Greenway at Springhill Suites Trail Head

COURSE DETAIL:

- Sprint Run Course proceeds on Riverwalk Greenway 1.55 miles to Turn Around
- Proceed back on the exact same course to finish line on Riverfront Parkway, directly adjacent to the race transition area
- Intermediate Course proceeds on Riverwalk Greenway to a RIGHT turn on Chestnut Street
- Proceed a short distance to a turnaround at 3.1 miles then head back to the race finish line at the main race site, adjacent to the race transition area
- Please stay to your left throughout the course to minimize crossover with other runners

HYDRATION NOTES:

- Powerade, Water & Ice will be available approximately every mile
- ICED TOWELS at the FINISH LINE & at the ARTIC ZONE near mile 1 / 5



INTERMEDIATE COURSE

INTERMEDIATE TURN AROUND