



Middendor's Manchac Race

COURSE MAP 10 Mile, 10K, 5K

Course is out and back on US Hwy 51

10 Mile is 5 Miles out and 5 Miles back

10K is out to the 5K mark and then 5K back (see turn notation at the 5K marker)

5K is 1.55 out and 1.55 back (see turn notation at 2.5K marker)

*Mile marker signs are placed at each split location

*Turn sign and orange cones is placed at each course turnaround location

(5K, 10K, 10 Mile) monitored by race officials.

W iDesignates location of Course Water Stations, located on Both sides of road
(6 water stations on course)

Each station has Kentwood Springs Water, Powerade, Port-o-let placed nearby

NOTE: Bridge may appear taller than it really is on the way back !

CHIP TIMED RACE, PLEASE MAKE SURE THAT YOUR RACE NUMBER IS VISIBLE PRIOR TO FINISHING THE RACE.