



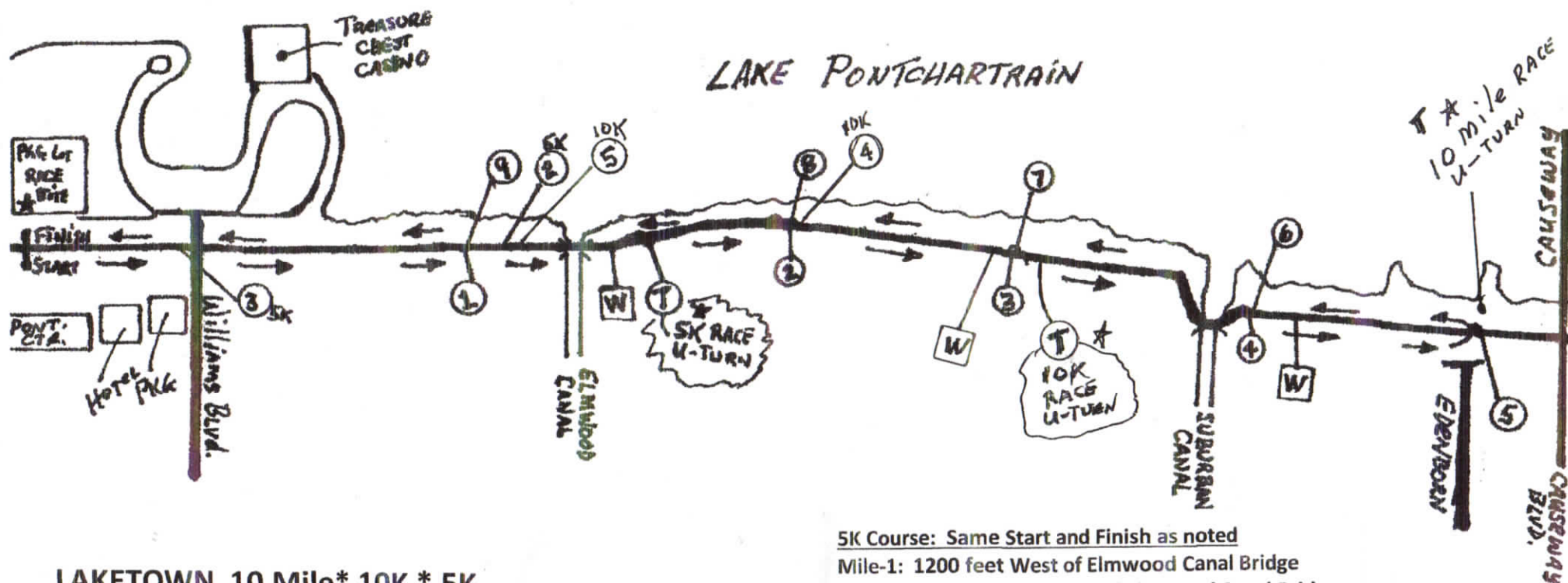
Course details:

*Please keep to right side of pathway out and back

*Water stations (W) 6 locations (Aquiana Springs Water, Powerade, port-o-let)

*If discarding clothing do so at water station

Caution: Uneven pavement at each end of canal bridge crossings (pathway narrows)



LAKETOWN 10 Mile* 10K * 5K

*Entire course on Lakefront Jogging pathway out and back

10 Mile course

Start & Finish: 630 feet west of Williams Blvd.

Mile-1 & 9: 1200 feet west of Elmwood canal bridge

Mile-2 & 8: As shown

Mile-3 & 7: As shown

Mile-4 & 6: As shown

Mile-5: 50 feet west of Edenborn, 1714 feet west of Causeway Blvd.

5K Course: Same Start and Finish as noted

Mile-1: 1200 feet West of Elmwood Canal Bridge

U-Turn Point: 780 feet East of Elmwood Canal Bridge

Mile-2: 636 feet West of Elm. Canal Bridge

Mile-3: 66 feet West of Williams Blvd.

10K Course: Same Start and Finish as noted

Mile-1: 1200 feet west of Elmwood Canal Bridge

Mile 2: As shown

Mile-3: As shown

5K - U-Turn Point: 577 feet East of Mile -3 marker

Mile-4: As shown

Mile-5: As Shown

Mile-6: 504 feet east of Williams Blvd.