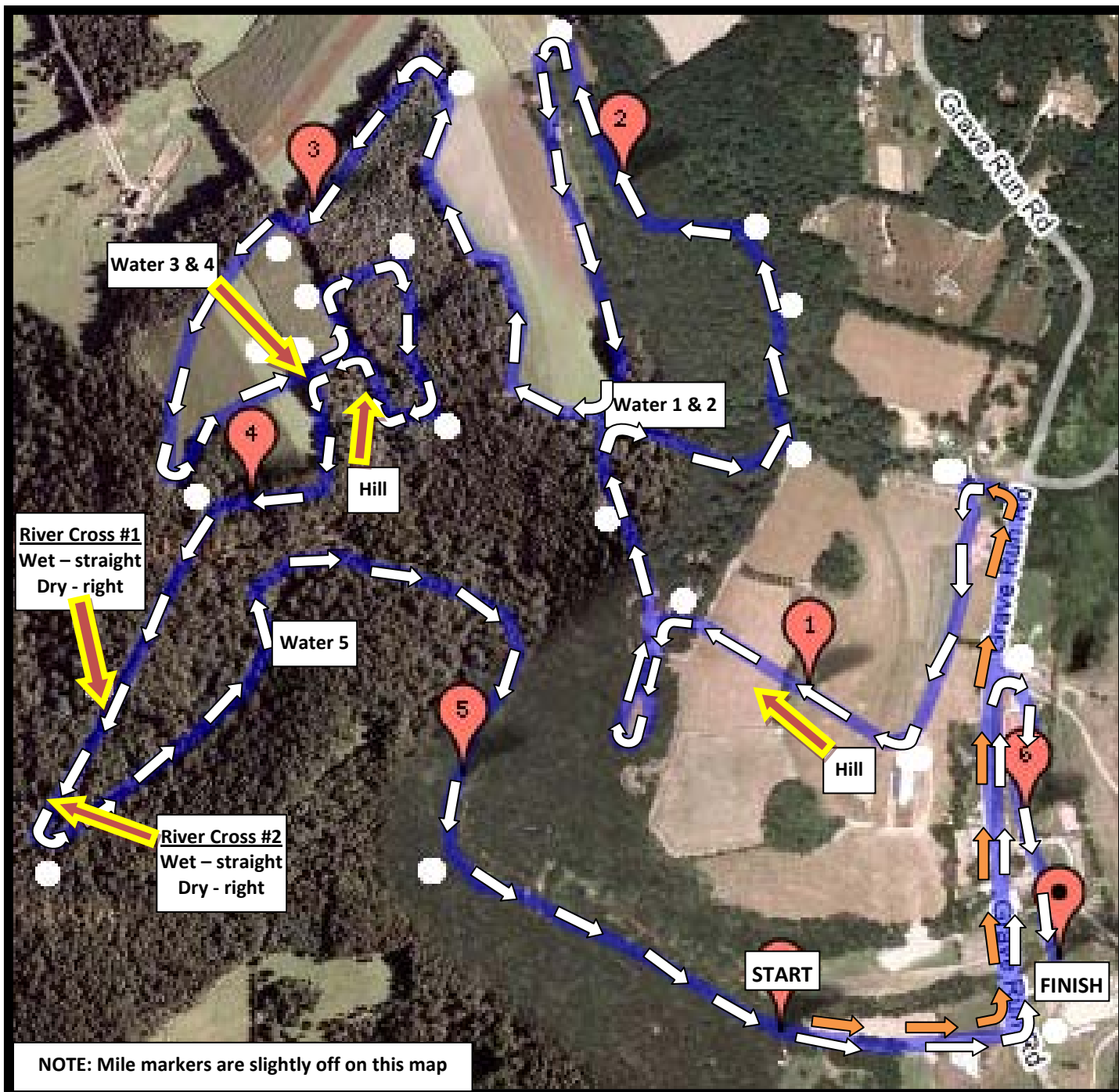


# 10k Trail Map



## 10k Course Comments:

- In order to spread out runners at the start, we will have corals setup based on your mile times (6min & below, 7min, 8min, 9min, 10+min) Reminder : even though you may be further back, your time will not begin until you cross the start line because we are using chip timing.
- Trails have been generally cleared but some rocks and imperfections remain. Be cautious.
- Mile and half mile markers have been provided on the course.
- There are 2 river crossings between mile 4 and 4 ½. You can choose wet (straight) or dry (path on right). Dry paths will cross via a downed tree (with a rope handrail). Proceed slowly across the tree as it may be moving slightly with multiple runners on it at once.
- Where large mud puddles are present (if any), a detour around the puddle to the right is usually provided.

**HAVE A GREAT RUN!**