

Zone 2

10K route

Mile markers shown are for 10K course only

5K turnaround

Water station 2  
North of boat house on gravel

Rengstorff house

Gatehouse

10K route

Zone 3

Water station 1  
~100' S. of split

Crittenden Ln.

Amfitheatre Pkwy.

5K & 10K routes

Charleston Rd.

1 mi

Shoreline Blvd.

Zone 1

Plymouth

Pear Ave.

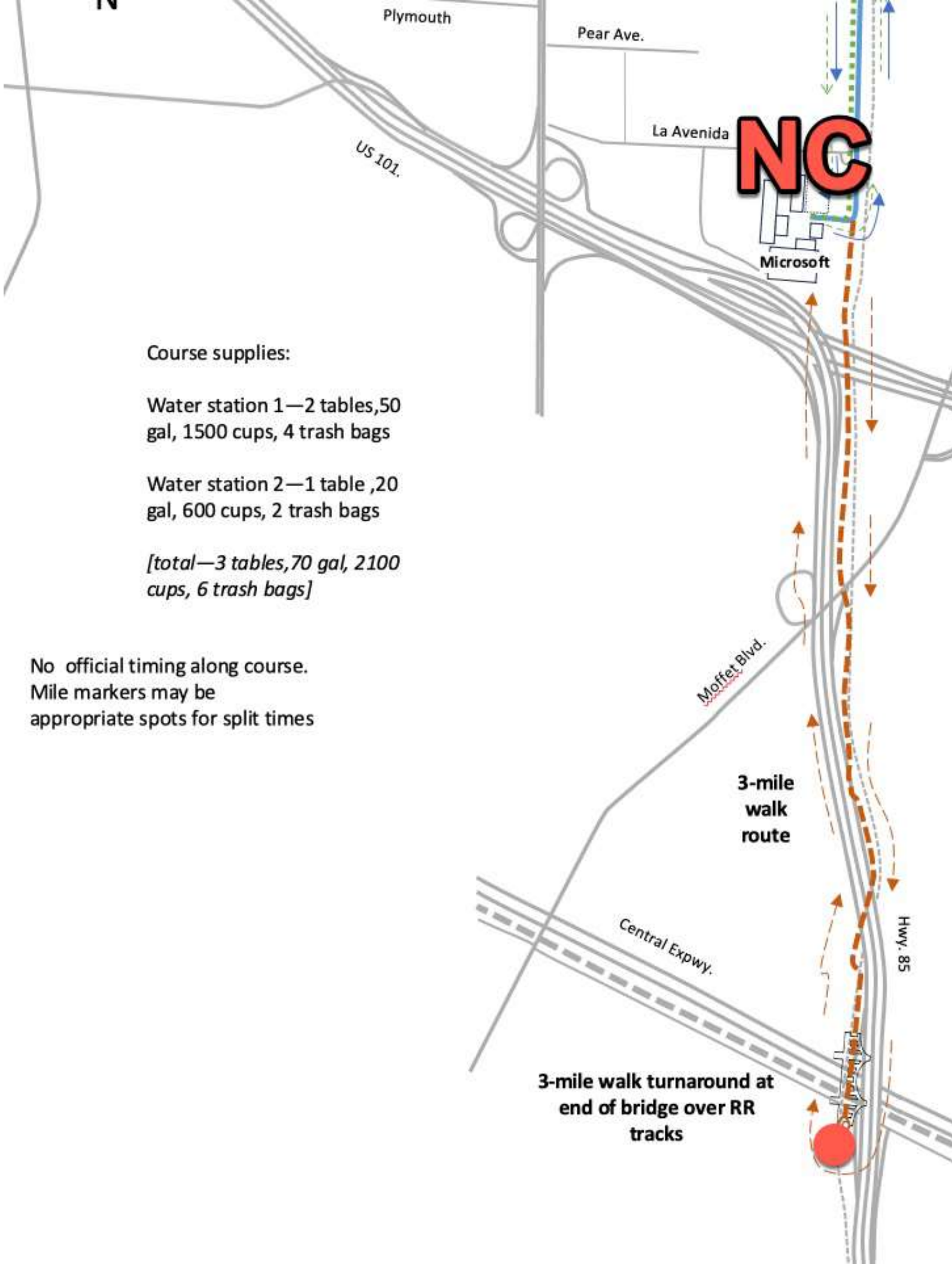
La Avenida

US 101.

**NC**

Microsoft





**Course supplies:**

Water station 1—2 tables, 50 gal, 1500 cups, 4 trash bags

Water station 2—1 table, 20 gal, 600 cups, 2 trash bags

*[total—3 tables, 70 gal, 2100 cups, 6 trash bags]*

No official timing along course.  
Mile markers may be appropriate spots for split times

**3-mile walk route**

**3-mile walk turnaround at end of bridge over RR tracks**