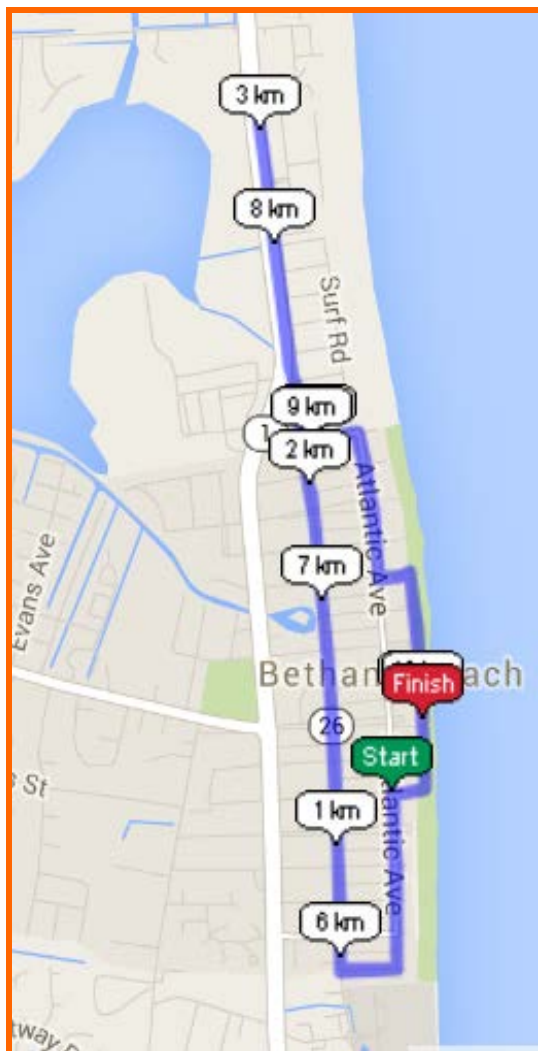


## THE COURSE MAPS

Please take a look at your respective course map. Both the 5k and the 10k will be well marked. Both races will be led by bicycles. Both will also have sweepers. Runners in the 10k must maintain at least a 12 min/mile pace for the first 2 miles. This is to insure an on time start of the 5k. Both courses will use the outside northbound lane and shoulder of Route 1. Please use extreme caution when running on the Route 1 portion of the courses. The inside lane will be open to high speed traffic. **Children must have an adult with them at all times during the race.** Runners with dogs need to be very careful at all times. Always stay in the coned area on Rt. 1. Deviating into the open travel lane on Rt. 1 at any time during the race could result in serious injury or death.

### 10k COURSE MAP

[Click Here to Preview](#)



### 5k COURSE MAP

[Click Here to Preview](#)

