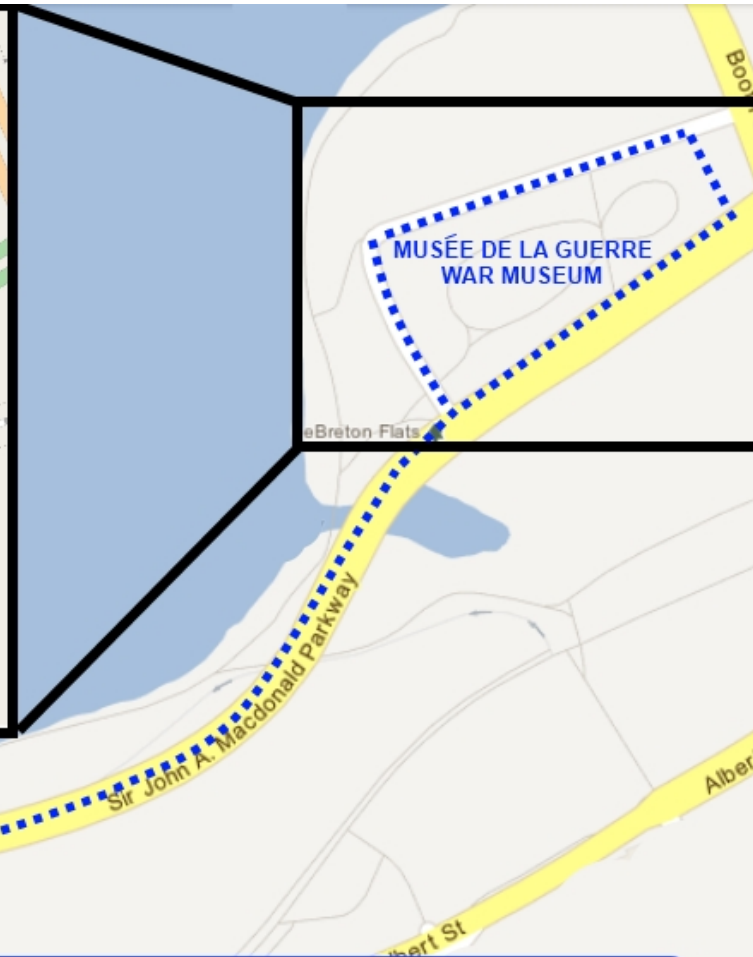




Ile Young
Merrill Island
Nichols Island



**TURNAROUND POINT
MARATHON (8 LAPS)
HALF MARATHON (4 LAPS)**

AID STATION

**TURNAROUND POINT
3K (1 LAP)**

**TURNAROUND POINT
5K (1 LAP)
10K (2 LAPS)**

**Marathon & Relays - 5.274K out and back x 8
Half Marathon - 5.274K out and back x 4
10K - 2.5K out and back x 2
5K - 2.5K out and back x 1
3K - 1.5K out and back x 1**

Mike Taschereau 2016-01-29