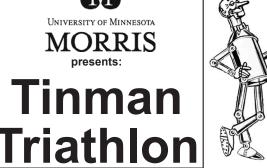
10 K Run Route (6.2 mi.)







Important Info for Race Day The itinerary for the day is as follows:

7:15-8:45 a.m. 8:00-8:30 a.m. 8:35 a.m.

Registration (RFC lobby) Warm up in pool (optional) Meeting in pool observation deck for all swim participants

9:00 a.m. Start of first Heat

Approximately Awards Ceremony

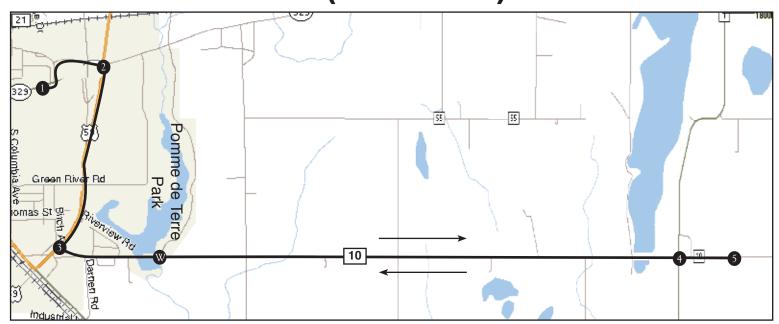
12:30 p.m.

Locker rooms will be available. These are located on the lowest level of the P.E. Center.

- RFC: The start of the running event.
- 2 Left on Columbia (you will pass MAHS)
- 3 Left on Green River Rd
- 4 Through Tunnel, then turn right
- Take a rt. onto bike path-follow path to Cty. 10 -stay on Cty. 10- take a left into PdT park
- Take a left onto 329

- 2-way stop intersection (entrance into campus, cross HWY 59)
- 8 Take a right onto Carter Alumni Dr. (at the stop sign)
- 9 Take right onto MLK Drive and go toward 7th St.
- Left onto 7th St.
- Left onto College Ave.- run past the cemetary
- Left onto MLK Drive, back to garages, then right onto Chavez Dr.
- Finish Line, at Camden

30 K Bike Route (19 miles)



- RFC: (The start and finish of the biking event) Right towards softball fields out to Hwy 59 Right on Highway 59
- 3 Follow USFW Wetlands Sign (take a left exiting US Hwy 59) and then left onto Hwy 10 4 Junction 1 (County Road 1); this is a 4-way stop.
- 5 Turn-around point. (County Road 3)
- Water Station