

	5K	HALF/Relay	FULL	WATER	GATORADE	FRUIT	GELS	FIRST AID	TOILET
Start				x	x	x	x	x	x
A			mile 3	x	x		x	x	x
B			mile 6	x	x		x	x	x
C			mile 9 & 10	x	x	x	x	x	2
D			mile 11.5	x	x		x	x	x
E			mile 13	x	x		x	x	x
F	mile 1.5	mile 1.5	mile 14.5	x	x		x	x	x
G		mile 3	mile 16	x	x		x	x	x
H		mile 4.5	mile 17.5	x	x		x	x	x
Relay 1		mile 5	mile 18	x				x	x
I		mile 5.5	mile 18.5	x	x	x	x	x	x
J		mile 8	mile 21	x			x	x	x*
K		mile 9	mile 22	x	x		x	x	x
Relay 2		mile 9.5	mile 22.5	x				x	x
L		mile 10.5	mile 23.5	x	x		x	x	x
F		mile 12	mile 25	x	x		x	x	x
Finish				x	x	x	x	x	x
	* only if canal road is dry								