

1 Mile Run

<u>Street Directions</u>	<u>Lane Restrictions for Runners</u>	<u>Approximate Mile</u>	<u>Lead Runner</u>	<u>85% Clear</u>	<u>Time Clear</u>
Start on Barclay Downs Blvd., S of Morrison Blvd.	Unrestricted	Start	8:00 AM		8:01 AM
Turn Right on Morrison Blvd.	Right Side of Road	0.02	▲	▲	8:01 AM
Turn Left on Coca-Cola Plaza	Unrestricted	0.13	▲	▲	8:03 AM
Turn Left on Rexford Road to end of road	Left (south) side of Median facing traffic	0.26	▲	▲	8:06 AM
Turnaround before Water Fountains	Left (north) Side of Median (facing Traffic)	0.30	▲	▲	8:07 AM
At first median break after Coca Cola Plaza return to	South Side of median (with traffic side of rd)	0.36	▲	▲	8:08 AM
Turn Right on Roxborough Road		0.62	▲	▲	8:13 AM
Turn right on Morrison Blvd	Cross to other side of median and run facing traffic	0.78	▲	▲	8:16 AM
Turn left into Mall Parking Lot on S Park Dr.	Unrestricted	0.86	▲	▲	8:18 AM
Finish Line	Unrestricted	1.00	▲	▲	8:21 AM

8K RUN

<u>Street Directions</u>	<u>Lane Restrictions for Runners</u>	<u>Approximate Mile</u>	<u>Lead Runner</u>	<u>85% Clear</u>	<u>Time Clear</u>
Start on Barclay Downs Blvd., S of Morrison Blvd.	Unrestricted	Start	8:10 AM		8:13 AM
Turn Left On Runnymede Ln.	Right two lanes of road / double yellow line	0.77	▲	▲	8:24 AM
Turn Right on Selwyn Ave.	Right hand side of double yellow line	1.31	▲	▲	8:32 AM
Turn Right on Colony Rd.	Unrestricted	1.51	▲	▲	8:35 AM
Turn Left On Runnymede Ln.	Right Curb Lane	2.52	▲	▲	8:51 AM
Turn Right on Sharon Rd.	Right Curb Lane	2.95	▲	▲	8:57 AM
Turn Right on Ferncliffe Rd.	Unrestricted	3.10	▲	▲	8:59 AM
Turn Left on Richardson Drive	Unrestricted	3.20	▲	▲	9:01 AM
Turn Left on Colony Road	Unrestricted	3.79	▲	▲	9:10 AM
Turn Right on Roxborough Road	Unrestricted	3.97	▲	▲	9:12 AM
Turn right on Rexford Road	Right side of median	4.08	▲	▲	9:14 AM
Turn around on Rexford at Coca Cola Plaza	Right side of median (opposite of oncoming runners)	4.35	▲	▲	9:18 AM
Turn right on Roxborough Road	Unrestricted	4.60	▲	▲	9:22 AM
Turn right on Morrison Blvd	Cross to other side of median and run facing traffic	4.78	▲	▲	9:25 AM
Turn left into Mall Parking Lot on S Park Dr.	Unrestricted	4.85	▲	▲	9:26 AM
Finish Line	Unrestricted	4.97	▲	▲	9:28 AM

5K RUN

<u>Street Directions</u>	<u>Lane Restrictions for Runners</u>	<u>Approximate Mile</u>	<u>Lead Runner</u>	<u>85% Clear</u>	<u>Time Clear</u>
Start on Barclay Downs Blvd., S of Morrison Blvd.	Unrestricted	Start	9:10 AM		9:15 AM
Turn Right On Runnymede Ln.	Right side of road / double yellow	0.80	▲	9:31 AM	▲
Turn Right on Sharon Rd.	Right half of road	1.53	▲	9:45 AM	▲
Turn Right on Ferncliffe Rd.	Unrestricted	1.70	▲	9:49 AM	▲
Turn Left on Richardson Drive	Right two curb lanes	1.80	▲	9:51 AM	▲
Turn Left on Colony Road	Right two curb lanes	2.39	▲	10:02 AM	▲
Turn Right on Roxborough Road	Unrestricted	2.57	▲	10:06 AM	▲
Turn right on Morrison Blvd	Cross to other side of median and run facing traffic	2.86	▲	10:12 AM	▲
Turn left into Mall Parking Lot on S Park Dr.	Unrestricted	2.93	▲	10:13 AM	▲
Finish Line	Unrestricted	3.10	▲	10:17 AM	▲