



SATURDAY, APRIL 27, 2024  
 10K & 5K: 6:30AM  
 MARATHON/HALF: 7:20AM

- BOTH COURSES
  - MARATHON COURSE
  - HALF MARATHON COURSE
  - 10K COURSE
  - 5K COURSE
  - MILE MARKERS
  - BAND STAGES
  - WATER + MORTAL AT EVERY CHECK STATION
  - MEDICAL
  - BIOFREEZE BIOFREEZE ACTIVATION
- The Feed. The Feed. - Energy Gels

SUBJECT TO CHANGE