Racecourse & Elevation



GRANDMA'S MARATHON WATER & POWERADE

Miles 3, 5, 7, 9, 11, 13, 15, 17, 19, 20, 21, 22, 23, 24, 25 **TIME SPLITS** Start, 6.2M, 13.1M, 20M, 24M, Finish **PURE FUEL** Mile 17

GARRY BJORKLUND HALF MARATHON

WATER & POWERADE Miles 2, 4, 6, 7, 8, 9, 10, 11, 12 TIME SPLITS Start, 6.9M, 11.9M, Finish **PURE FUEL** (and

Mile 4



FRESH FRUIT NEAR MILES 19/6 & 23.5/10.5





Official Racecourse Performance Drink



- C RACECOURSE
- **26 MARATHON MILE MARKERS**
- 13 HALF MARATHON MILE MARKERS
- WATER/POWERADE STATION
- MEDICAL TENT
- FIRST AID