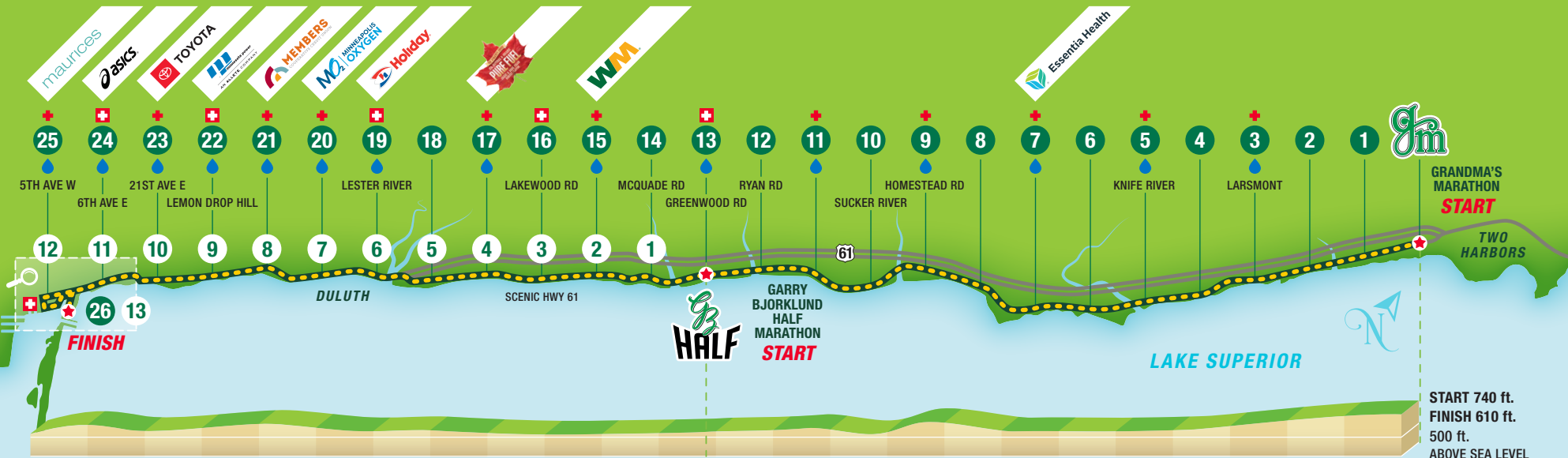


GRANDMA'S MARATHON & GARRY BJORKLUND HALF MARATHON RACECOURSE



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 PACKETS: Mile 17
Anderson's 100% Organic Maple Syrup

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 PACKETS: Mile 4
Anderson's 100% Organic Maple Syrup

FRESH FRUIT NEAR MILE 19 & 23.5

- RACECOURSE
- MARATHON MILE MARKERS
- HALF MARATHON MILE MARKERS
- WATER/POWERADE STATION
- MEDICAL TENT
- FIRST AID

