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, 3.1M, 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
Mile 4

FRESH FRUIT NEAR MILES 19/6 & 23.5/10.5



Official Racecourse Performance Drink



RACECOURSE

MARATHON MILE MARKERS

13 HALF MARATHON MILE MARKERS

WATER/POWERADE STATION

MEDICAL TENT

FIRST AID