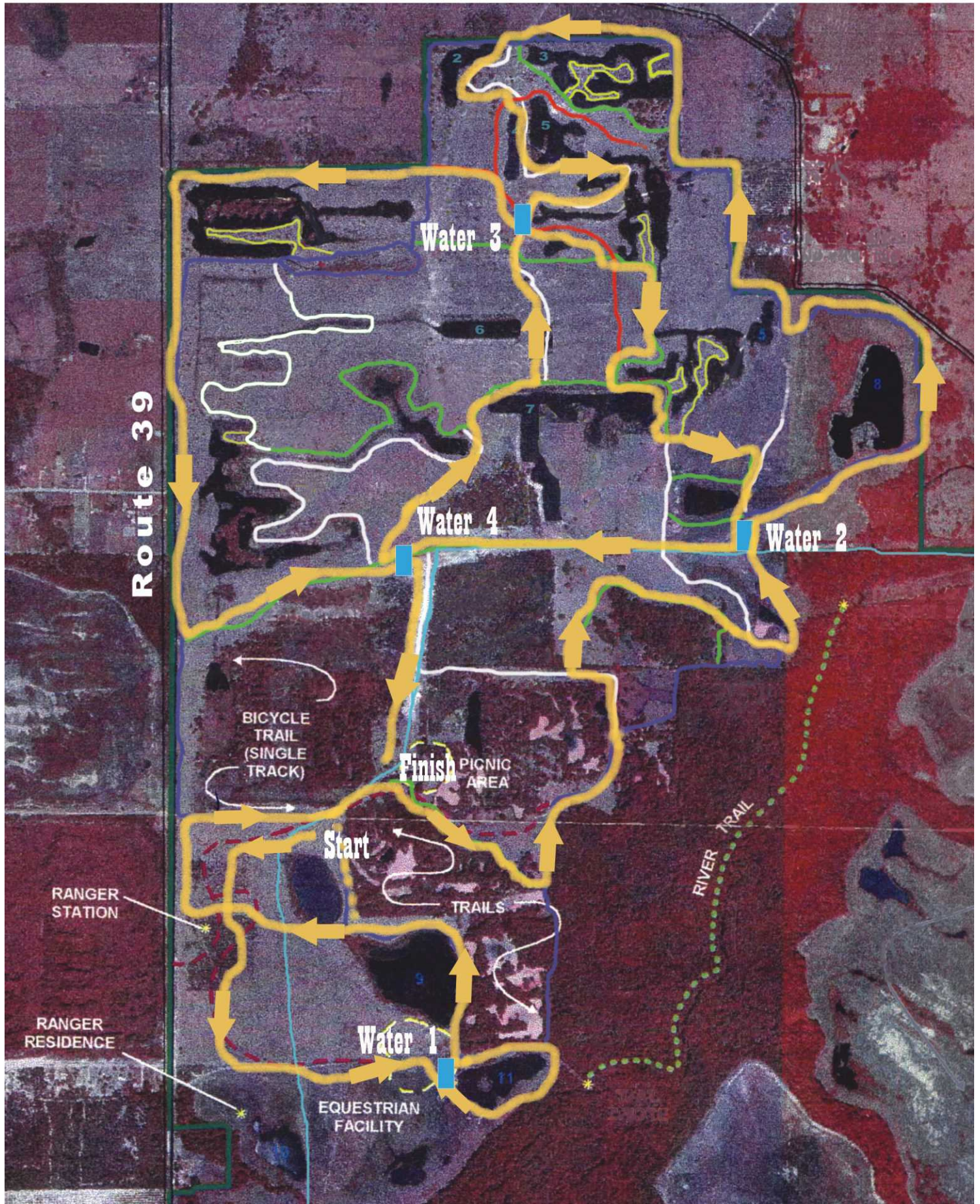


X-Country Marathon, Half-Marathon, & 5K



X-Country Water Stops

Marathon / 30K / 1/2	Marathon Miles	Next Stop
Waterstop 1 (water area 1)	1 miles	.75
Waterstop 2 (water area 1)	1.75 miles	1.35
Waterstop 3 (finish line)	3.1 miles	1.9
Waterstop 4 (water area 2)	5 miles	3
Waterstop 5 (water area 3)	8 miles	1
Waterstop 6 (water area 2)	9 miles	.75
Waterstop 7 (water area 4)	9.75 miles	1
Waterstop 8 (water area 3)	10.75 miles	2
Waterstop 9 (water area 4)	12.75 miles	1

(the first half of the course is the same for the Marathon, 30K and 1/2 Marathon – miles for the 30K on the second half are in blue below)

Full Marathon / 30K - (Second Loop)

Waterstop 10 (water area 1)	13.75 miles	.75
Waterstop 11 (water area 1)	14.5 miles	1.35
Waterstop 12 (finish line)	15.85/ 15.1 miles	1.9
Waterstop 13 (water area 2)	17.75/ 17 miles	3/ .75
Waterstop 14 (water area 3)	20.75 miles	1
Waterstop 15 (water area 2)	21.75 miles	.75
Waterstop 16 (water area 4)	22.5/ 17.75 miles	1
Waterstop 17 (water area 3)	23.5 miles	2
Waterstop 18 (water area 4)	25.5 miles	.7