



For the 10k at miles 2 (water only), 3.5, and 4.7  
For the 5k at mile 1.5 (near the turn around)

① 10K mile markers

① 5K mile markers

The 10k course starts out heading southeast on the paved path for just under a mile. At this point, cross to the opposite side of the canal, turn back heading in the northwest direction on the dirt trail. Continue under 2 bridges at 59th Ave and Thunderbird Rd. Water bottles will be provided after the 2<sup>nd</sup> bridge at mile 2. The 10k course then rejoins the paved path at mile 2.3, crosses back to the other side of the canal, and continues in the northwest direction. Continue under 67<sup>th</sup> Ave, past the water/Gatorade station at mile 3.5 to the turn-around at mile 4.1. From here to the finish line, stay on the north side of the canal, passing the aid station, and under the 3 bridges.

The 5k course is an out-and-back route entirely on the north side of the canal. The race starts out heading northwest crossing under Thunderbird Rd and 67<sup>th</sup> Ave. Just before the turn-around at mile 1.6, there is a water/Gatorade station at the ramada. After the turn-around, head back to the finish line on the same route.