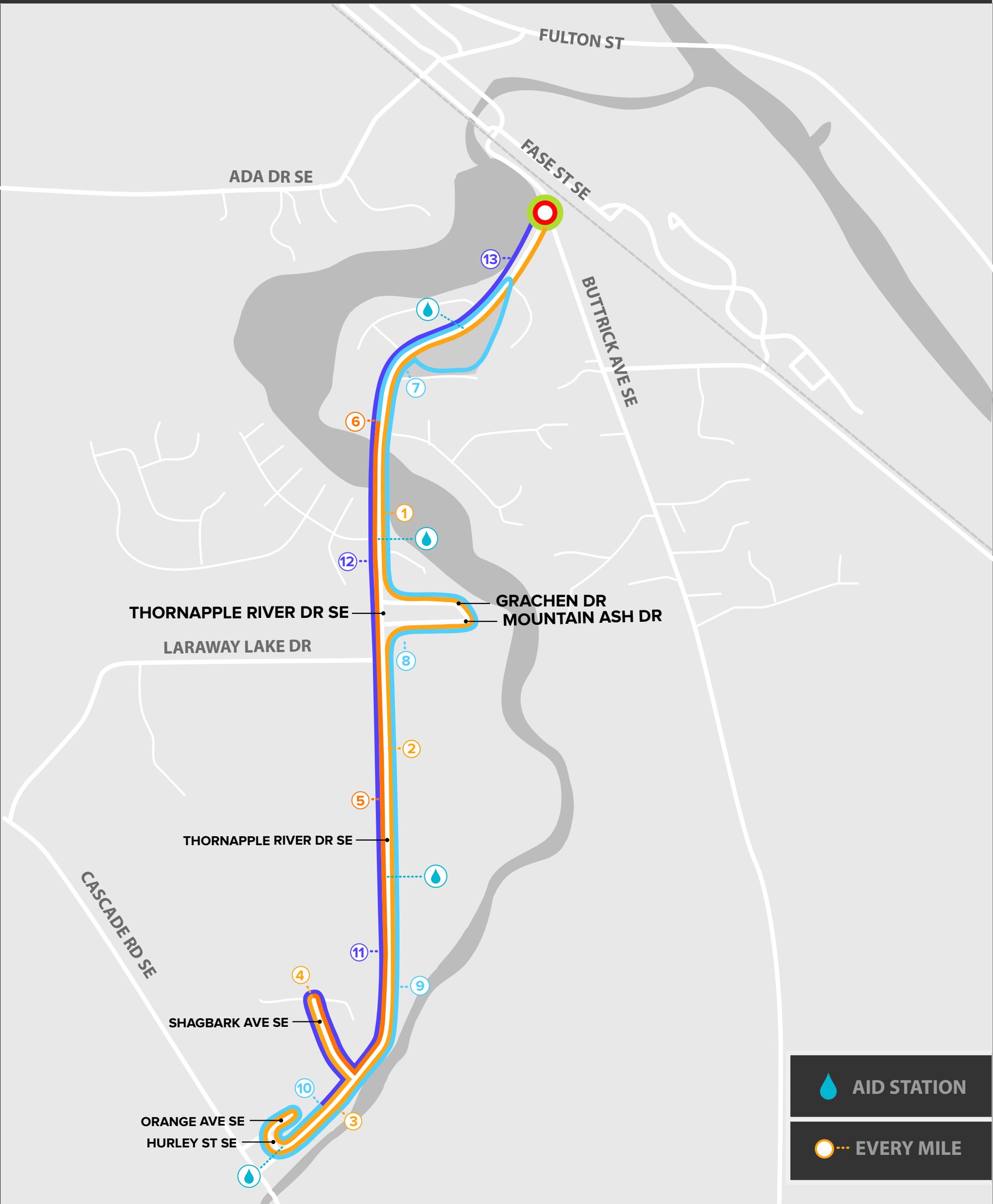


HALF RUN COURSE (13.1 mi)



 AID STATION

 EVERY MILE

 START RUN  MILES 1-4  MILES 5-6  MILES 7-10  MILES 10-13.1  FINISH RUN