



# Lift Bridge Road Races

## Race Start Times

<b>5K</b>	<b>7:00 a.m.</b>
<b>10K</b>	<b>7:10 a.m.</b>
<b>10 Mile</b>	<b>7:30 a.m.</b>

■ Aid Station: Gatorade & water (portable restrooms along the course but not at aid stations)

1 Mile Mark



## 10 MILE COURSE

