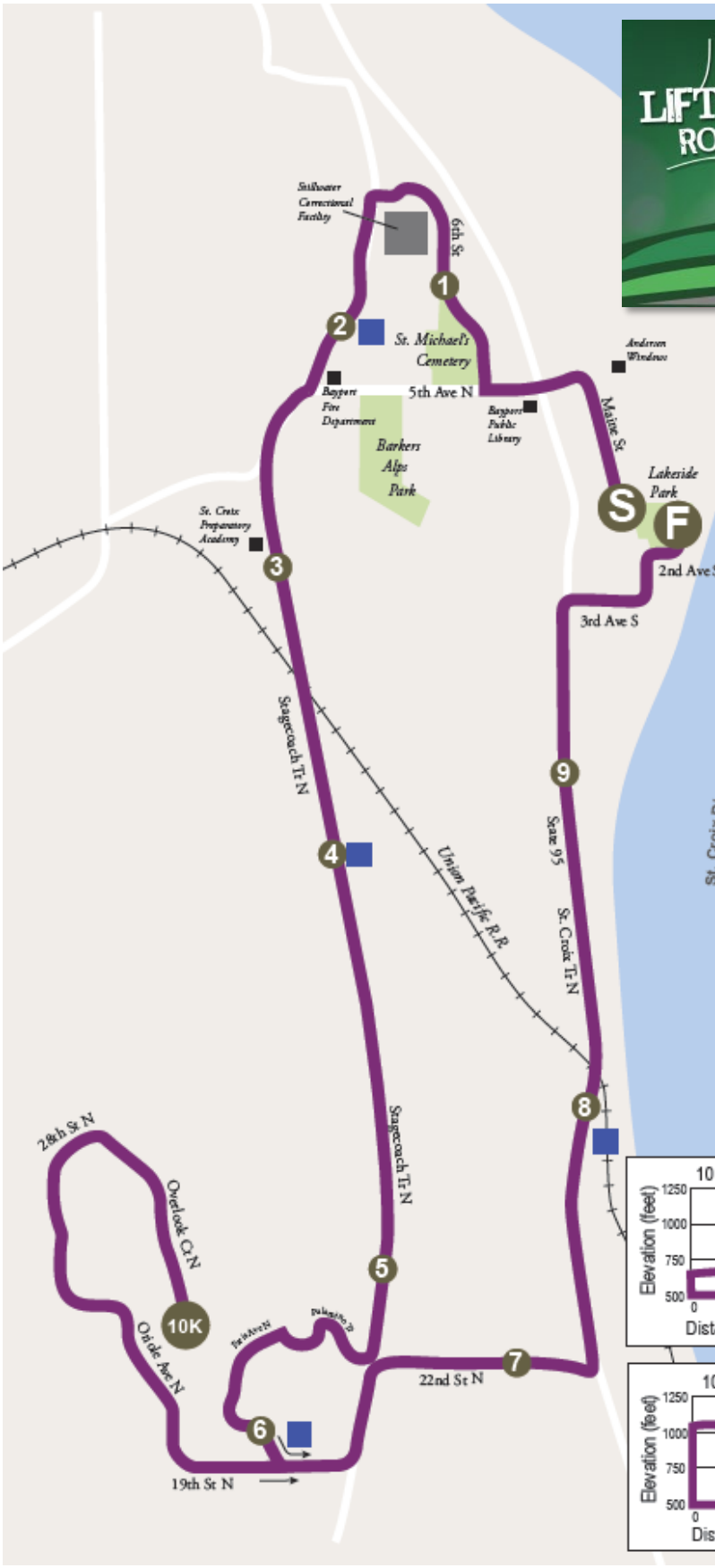
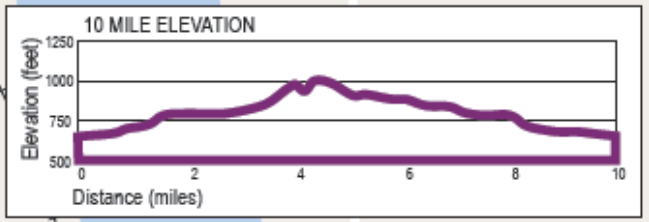
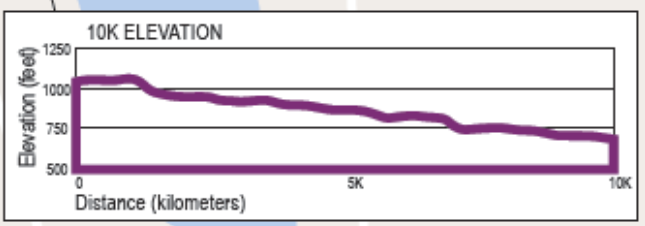
Lift Bridge Road Races

Race Start Times

5K	7:00 a.m.
10K	7:10 a.m.
10 Mile	7:15 a.m.

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

1 Mile Mark