

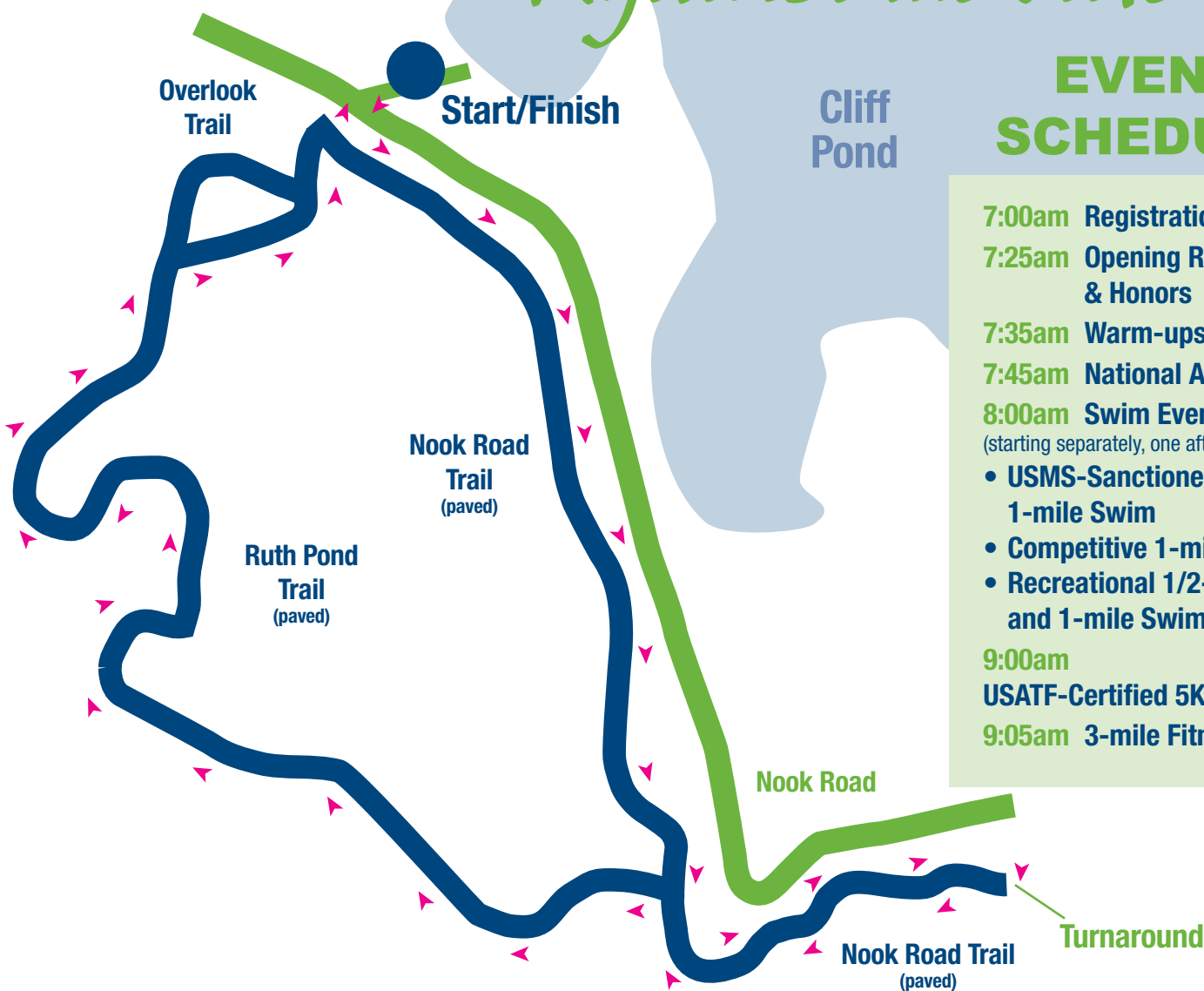
# 5K Run, 10K Run, 3-mile Walk

*Against the Tide*



## EVENT SCHEDULE

- 7:00am Registration
- 7:25am Opening Remarks & Honors
- 7:35am Warm-ups
- 7:45am National Anthem
- 8:00am Swim Events  
(starting separately, one after another)
  - USMS-Sanctioned 1-mile Swim
  - Competitive 1-mile Swim
  - Recreational 1/2-mile and 1-mile Swims
- 9:00am USATF-Certified 5K/10K Runs
- 9:05am 3-mile Fitness Walk



The route begins at the end of State Park Road near Cliff Pond Beach. Participants will head straight, cross Nook Road, and take a left onto Nook Road Trail. Participants will stay left on Nook Road Trail, continue until the intersection of Nook Road Trail and Ruth Pond Trail then head straight to the Turnaround Sign. Once participants turn around, they go straight on Nook Road Trail towards the intersection of Nook Road Trail and Ruth Pond Trail. At the intersection, participants will go left onto Ruth Pond Trail. Participants will then follow Ruth Pond Trail (staying right at the intersection with Overlook Trail), cross Nook Road, and head straight towards the finish line on State Park Road. 10K participants will turn around at the 5K Finish Line and repeat the course again.

5K and 3-mile Walk participants will complete the course once.

10K participants will complete the course twice, thus 2 full loops of the 5K.