



TIMELINE:

The race starts at 6:30am on Sunday, May 4th. The first 13 miles run through downtown Frederick. Runners leave Frederick on 144 Eastbound at approximately mile 16. Runners turn from 144 onto Terra Firma at approximately mile 18 (8:00 – 11:05am)

The course runs as follows (all in the far right lane/shoulder)

- Terra Firma to Quinn Road
- Left onto Claridge Drive South (**MILE 19:** 8:05 – 11:20am). NOTE: Traffic will be hand-signaled in one lane on Quinn Road for approximately 100 yards south of Claridge.
- Straight through the traffic circle onto Claridge Drive North
- Left onto Bannister Drive
- Left onto Saddlebrook Lane
- Right onto Spring Forrest Road (**MILE 20:** 8:10 – 11:35am)
- Right onto Spring Ridge Parkway (**MILE 21:** *running under I-70* – 8:15 – 11:50am)
- Right onto Ridgefield Drive at the Pool House.
- Right onto 144 Westbound. (**MILE 22:** 8:20 am – 12:05pm)