

Kaiser Realty Coastal Half Marathon



Aid Station Overview

1st Runner - Last Runner

Aid A = 0.75 mi

8:05 am - 8:15 am

Aid B = 2.75 mi

8:15 am - 8:45 am

Aid C = 4.25 mi

8:23 am - 9:20 am

Aid D = 5.75 mi

8:28 am - 9:45 am

Aid Station Overview

1st Runner - Last Runner

Aid E = 7.5 mi

8:39 am - 10:20 am

Aid F = 9.25 mi

8:46 am - 10:40 am

Aid G = 10.5 mi

8:54 am - 11:13 am

Aid H = 12 mi

9:02 am - 11:39 am

COURSE TURNS:

Counter Clockwise Course
Loop with one short out-and-back before mile 3

START: Sportsplex drive - west of Sports Fields
RIGHT: Gulf Oak Ridge Trail
RIGHT: 0.1 mi north to Turn Around on SP2
TA: Turn Around on SP2, then go south
LEFT: E. Beach Blvd.
LEFT: Rosemary Dunes Trail
RIGHT: Catman Trail
RIGHT: Cotton Bayou Trail
LEFT: Sidewalk at Hwy 161
LEFT: Road to Rattlesnake Ridge Trail
LEFT: Rattlesnake Ridge Trail
RIGHT: Twin Bridges Trail
FINISH: At same location as Start

RESTROOMS:

- ◆ Locker Room at North Field
- ◆ 2 Portables at North Field
- ◆ After Mile 2 on Gulf Oak Ridge Trail
- ◆ Before mile 6 at Rosemary Dunes
- ◆ Near mile 8 on Back Country Trail
- ◆ Between mile 10 & 11

COURSE NOTES:

- > Travel Counter Clockwise
- > One short out&back on SP2 before mile 3
- > Run to your RIGHT on SP2 Southbound
- > RUN AGAINST Traffic in BIKE /RUN Lane inside cones on E. Beach Blvd (btw mile 4.5-6)
- > RUN ON SIDEWALK: from Cotton Bayou trail exit left along Hwy 161
- Energy Gel Locations: Mile 5.75 & Mile 10.5
- Water & Energy Drink Locations: See List (Aid A-H)