

ROUTE

- Start on greenway access path
- Left on Greenway
- Right on Carbonton
- Left on Sunset
- Left on Gulf
- Left on Green
- Left on Vance
- Right on Summitt
- Right on Cross
- Left on Gulf
- Left on Bracken
- Left on Vance
- Right on Chisolm
- Right on Carbonton
- Right on Greenway
- Turn-Around on Greenway
- Left on Carbonton
- Right on Greenway
- Right on greenway access path
- Finish on greenway access path

USATF Certificate #NC19014BW
Effective Jun 20, 2019 to Dec 31, 2029



CARA Run For Their Lives 10k

Kiwanis Family Park - 1800 Wicker St

Sanford, NC

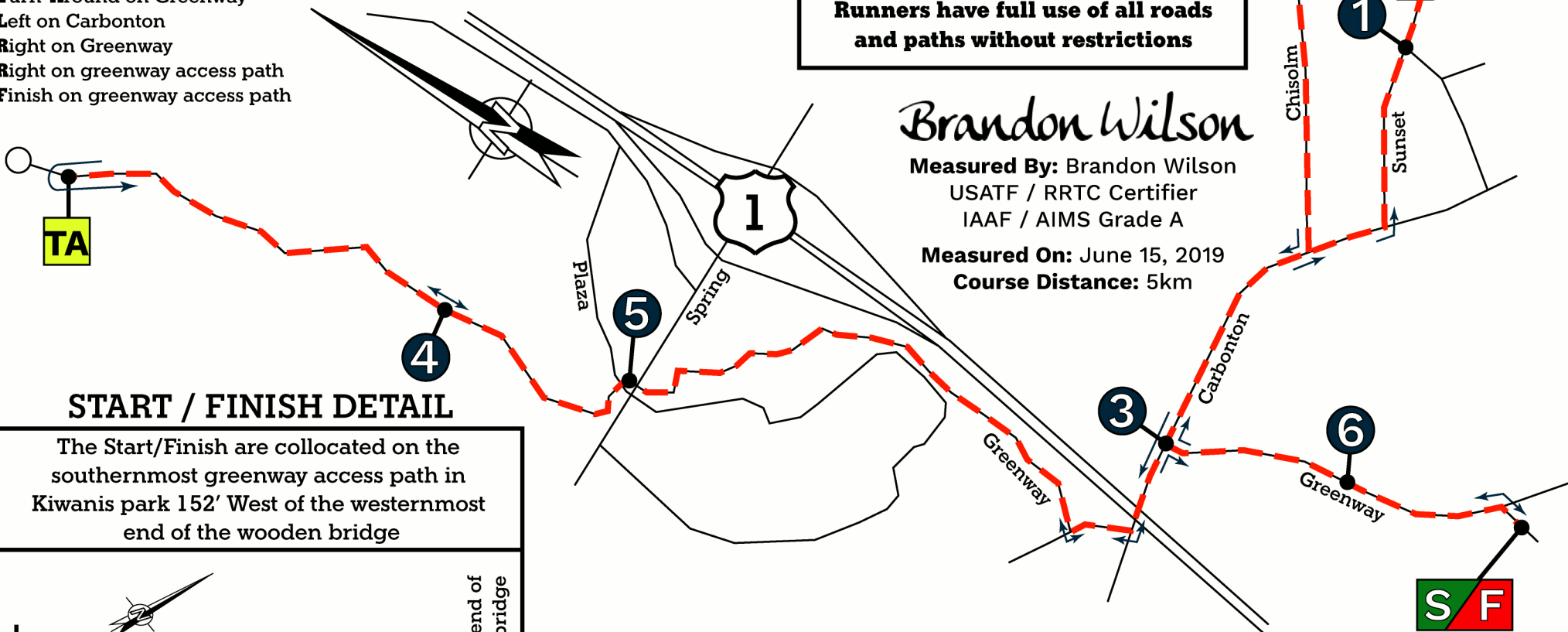
**Mile splits are for reference only
and are not certified points**

**Runners have full use of all roads
and paths without restrictions**

Brandon Wilson

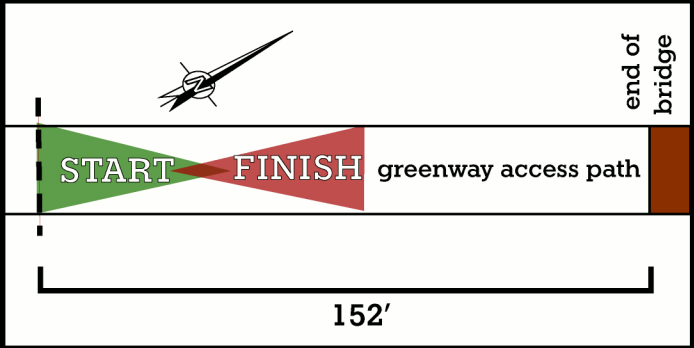
Measured By: Brandon Wilson
 USATF / RRTC Certifier
 IAAF / AIMS Grade A

Measured On: June 15, 2019
Course Distance: 5km



START / FINISH DETAIL

The Start/Finish are collocated on the southernmost greenway access path in Kiwanis park 152' West of the westernmost end of the wooden bridge



SPLITS

- Mile 1** - On Sunset at Carr
- Mile 4** - On greenway behind Cinema 105' South of bridge
- Mile 2** - On Cross at Vance
- Mile 5** - On greenway at Plaza
- Mile 3** - On Carbonton at Greenway
- Mile 6** - On greenway at GPS 35.47742, -79.19685