

10K COURSE



- Race start/finish is at **LONG FIELD**, at the corner of Lincoln St. & Sheridan Rd.
- 10K starts south on Sheridan to Forest to Greenwood
- East on Greenwood to lakefront path, then south to turnaround at Greenleaf
- North along lakefront path and through Northwestern University campus
- South at Lincoln and Sheridan to turnaround at Campus Drive
- North on Sheridan Rd. to finish



First Aid is available on the northeast corner of Long Field



Posted mile marker



Parking garage



Water stations

Due to the size of the lakefront path, runners with baby joggers are not permitted on the 10K course.

Dogs are not permitted on either race course.

The use of headphones is strongly discouraged on road races, both for your safety and for the safety and consideration of other participants. With headphones on, you may not be able to hear vital instructions and are not as aware of runners around you.

Please watch for signage regarding your race on the course.

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