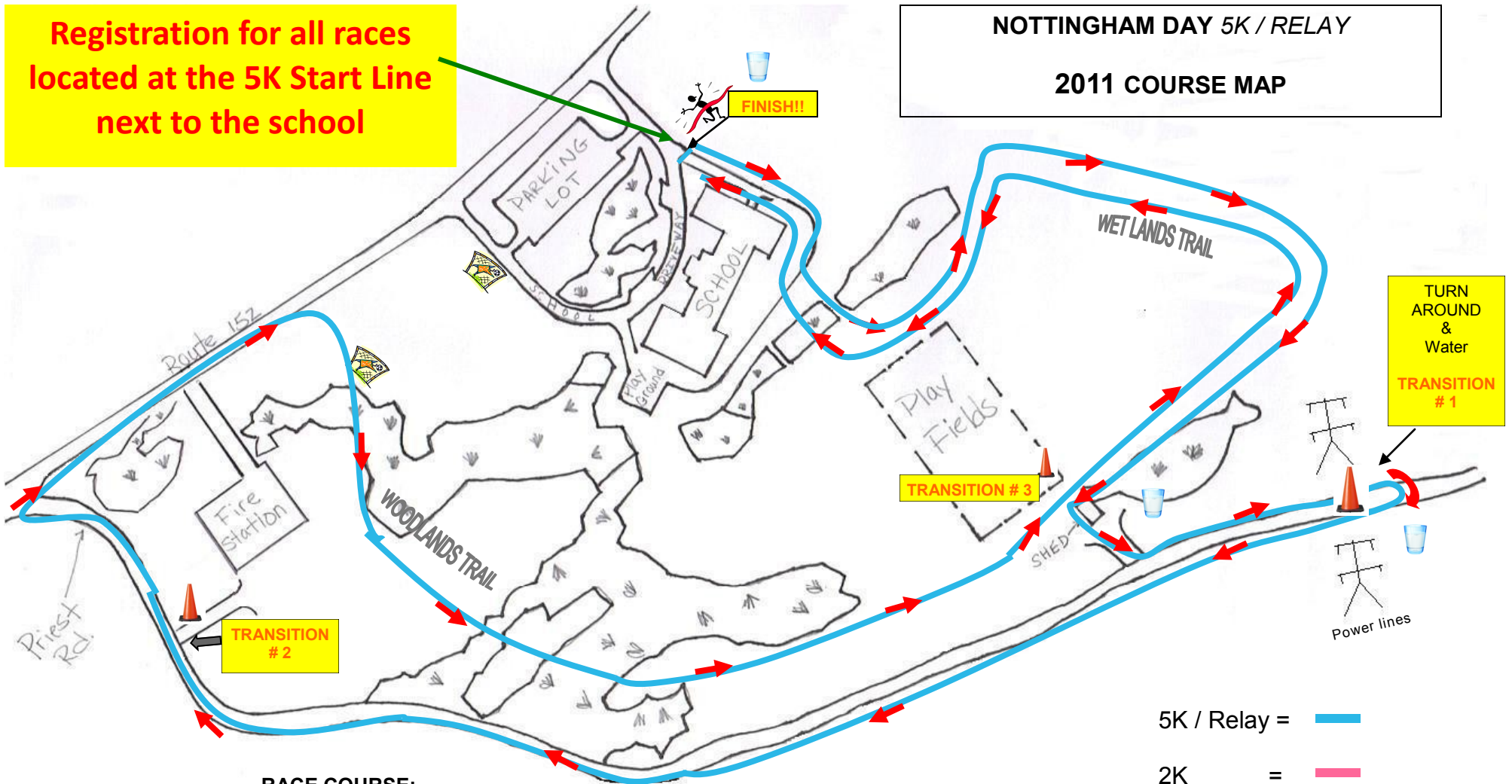


Registration for all races located at the 5K Start Line next to the school

NOTTINGHAM DAY 5K / RELAY

2011 COURSE MAP



RACE COURSE:

5k & RELAY-

1. Start at Registration (near school)
2. Follow the signs into the back field and in the Wetlands Trail
3. Follow to the shed and follow signs taking you left up Priest Road
4. Turn around at the power lines
5. Follow Priest Road down to 152
6. Go right and follow signs for trail into front fields
7. Follow signs right into the Woodlands trail
8. That comes back out to the shed and follow that to the Wetlands Trail
9. Follow the signs and trail back to the school and the FINISH line

RELAY TRANSITIONS !!

5K RELAY—4 PERSON

- START TO TRANSITION # 1= **.8 MILE**
- TRANS # 1 TO TRANS # 2 = **1 MILE**
- TRANS # 2 TO TRANS # 3 = **.7 MILE**
- TRANS # 3 TO FINISH = **.6 MILE**
-

2 K RELAY—2 PERSON

- START TO TRANSITION # 2 = **1.6 MILES**
- TRANSITION # 2 TO FINISH = **1.5 MILES**

5K / Relay = —

2K = —

EVENT TIMES:

| | |
|---------|--------------------------------------|
| 9AM | 5K and 5K Relay Start |
| 10:30AM | 2K Start |
| 11:15AM | AWARDS— Nottingham Day Main Stage |