

22 Mile

12 Mile

START 1/2 Marathon

START Marathon

COURSE INSTRUCTIONS

The Marathon and Marathon Relay START at 5am at Plaza Extra West on Queen Mary Highway, proceeds to the town of Frederiksted then to the Vincent Mason Pool (about the 10k mark) turns around and back to Frederiksted then to Hamm's Bay then back to Mahogany Road into the rain forest then back to Frederiksted then back to Hamm's Bay and back to Frederiksted to the FINISH. The Half-Marathon STARTS at 6am in Butler Bay, the half-way point of the marathon and FINISH at same as marathon.

6.2 Mile

4 Mile

FINISH

Frederiksted Southeast

Hams Bay

Butler Bay

Annaly

Fountain

Jolly Hill

Allandale

Grove Place

Frederiksted

Carlton

Camporico

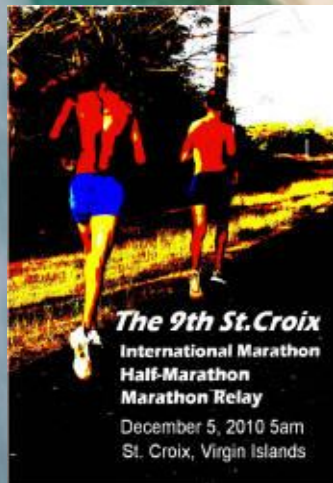
Imagery Date: Oct 31, 2006

17°43'22.31" N 64°52'02.70" W elev 0 ft

Eye alt 35500 ft

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Data SIO, NOAA, U.S. Navy, NGA, GEBCO

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FREDERIKSTED TOWN INSTRUCTIONS

At the 18 mile mark you have returned to the town of Frederiksted where you will run around Medre Cummings park and continue to Hamm's Bay for the second and last time. On return to Frederiksted and to the FINISH, you do NOT go into the rainforest for the second time. On return from Hamm's Bay the second time at the Fort you are at the

To Hamm's Bay

18 Mile

FINISH

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Imagery Date: Oct 31, 2006

17°42'53.89" N 64°52'58.74" W elev 0 ft

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Eye alt 1660 ft
Frederikst