

22 Mile

12 Mile

START 1/2 Marathon

START Marathon

FINISH

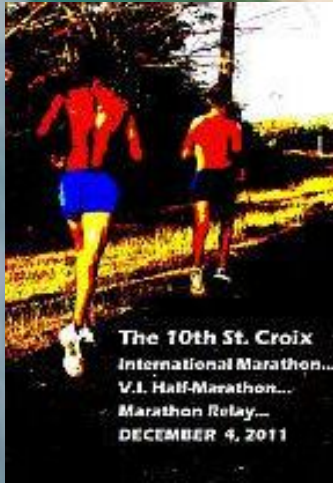
6.2 Mile

4 Mile

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 Ham's Bay then back to Mahogany Road into the rain forest then back to Frederiksted then back to Ham'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.





To Ham's Bay

18 Mile

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 26

FINISH

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Image U.S. Geological Survey

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Imagery Date: Oct 31, 2006

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

Google
Eye alt 1660 ft