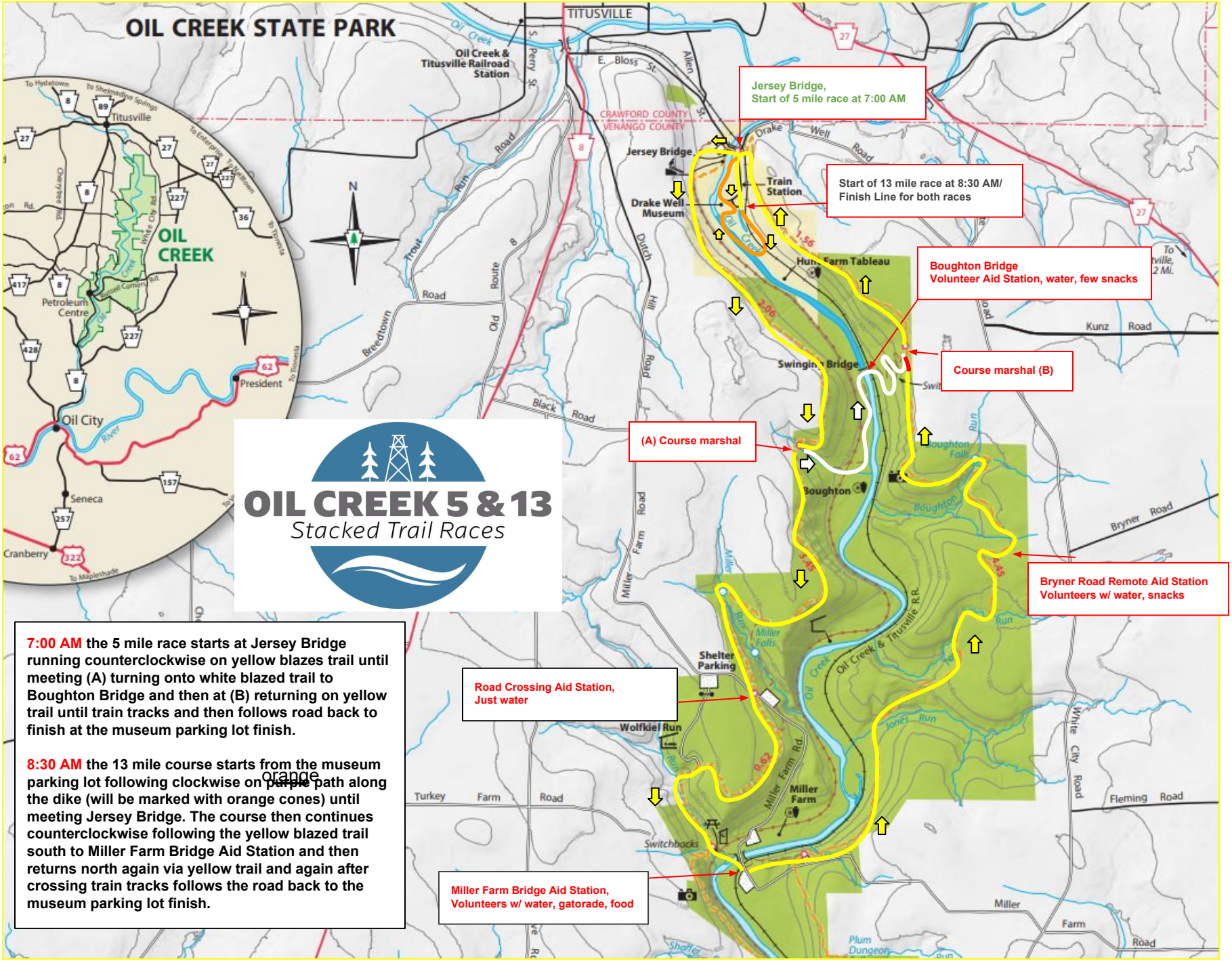

7:00 AM the 5 mile race starts at Jersey Bridge running counterclockwise on yellow blazes trail until meeting (A) turning onto white blazed trail to Boughton Bridge and then at (B) returning on yellow trail until train tracks and then follows road back to finish at the museum parking lot finish.

8:30 AM the 13 mile course starts from the museum parking lot following clockwise on ~~purple~~ orange path along the dike (will be marked with orange cones) until meeting Jersey Bridge. The course then continues counterclockwise following the yellow blazed trail south to Miller Farm Bridge Aid Station and then returns north again via yellow trail and again after crossing train tracks follows the road back to the museum parking lot finish.