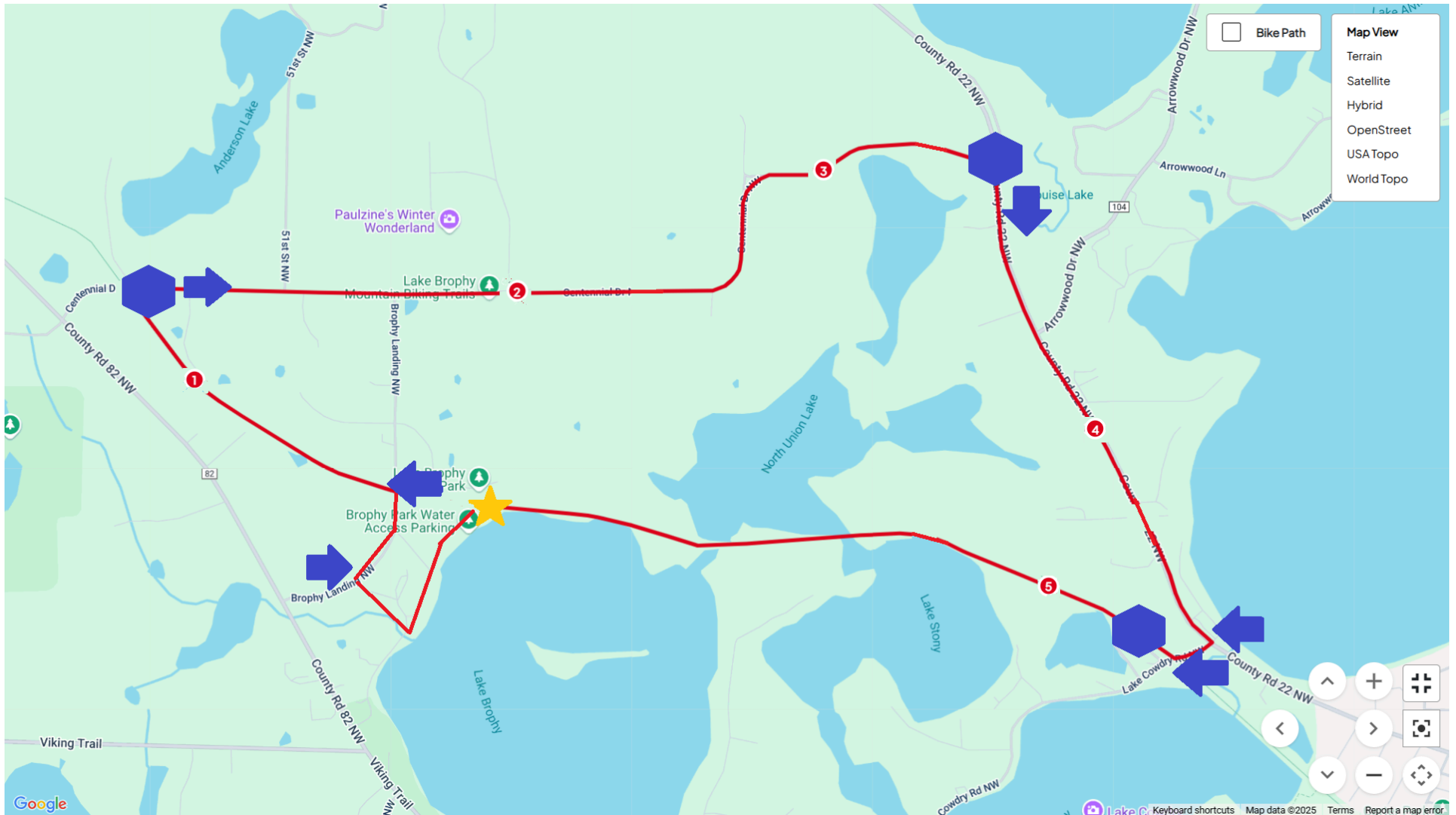




10K Route Water Table (Marked with Blue Diamonds) and Volunteer Traffic Control (Marked with Blue Arrow) positions in 4 main areas and will require approximately 12 volunteers (additional at water tables would be good if possible).

1. Starting from the park (Marked with Gold Star), 10K runners take an immediate right hand turn off the Central Lakes trail and run the path along Brophy Beach, through the boat landing area, and out to Brophy Landing NW. Lead Pace bikers should make sure they have a bike capable of this section as it contains some gravel/dirt.

- a. The first volunteer location is turning on to Brophy Landing NW road and volunteers should hold traffic for all runners to cross to left hand side of the road. A second volunteer should be placed just ahead where runners will make a left hand turn on to the Central Lakes trail.
2. Just past mile 1, the first water table should be located where runners will turn right, off the trail and onto Centennial Drive.
 - a. This will also require a traffic control volunteer to ensure runners cross the road safely and run on the left hand side of the road (facing traffic).
3. Just past mile 3, the second water table should be located where the runners will turn right onto Cty Rd 22 NW.
 - a. This will also require a traffic control volunteer to ensure runners cross the road safely and run on the left hand side of the road (facing traffic).
4. Between mile 4 and 5, at the Lake Cowdry Rd NW turn, a traffic control volunteer should be placed to ensure runners cross the road safely and stay on the left hand side of the road up to the turn back to the Central Lakes Trail. An additional traffic control volunteer should be placed as runners turn right and back onto the Central Lakes Trail. Once on the trail, the final water table location will be located here (this is a shared water location with the 5K route).

Area 1 Positions (2)

1. Brophy Landing NW Traffic Control:
2. Brophy Landing NW to Central Lakes Trail Traffic Control:

Area 2 Positions (3)

1. Central Lakes Trail to Centennial Drive Traffic Control:
2. Water Table 1:
3. Water Table1:

Area 3 Positions (3)

1. Centennial Drive to Cty Rd 22 Traffic Control:
2. Water Table 2:
3. Water Table 2:

Area 4 Positions (4)

1. Cty Rd 22 to Lake Cowdry Rd Traffic Control:
2. Lake Cowdry Rd to Central Lakes Trail Traffic Control:
3. Water Table 3 (5K Water Table):
4. Water Table 3 (5K Water Table):

****5K course won't need any additional volunteers as it's just the one water table at the turn around and that is shared with the 10K course. As that table will be twice as busy, it may be wise to add extra volunteers there to keep up with the water.**