

South of 47th Ave

It is important to note that all areas are not impacted for the entire time. This section is only on the full marathon route, which starts at 7:15AM. Runners head south on 11th Street, turn left on 47th Ave, south on Cherry to Evergreen, up Chestnut back to 47th to Belmont, south to 62nd Ave, and over to Belmont again, south to Merrifield Rd, east to the GFCC, through the GFCC, north on 16th St SE to 62nd Ave & west to Lake Drive. They head south through the Burke Addition staying left at the fork and loop around to return to 62nd Ave to head north on Adams Dr and around Shadyridge Ct. and then west along Adams Dr to the bike path that parallels Belmont Rd. They proceed north on the bike path until they join the half marathon at the 47th Ave access from the Greenway.

Participants will be on the course around the following times:

- Mile 1 – 7-7:30am
- Mile 2 – 7-7:45am
- Mile 3 – 7:10-8:00am
- Mile 4 – 7:15 -8:10am
- Mile 5 – 7:20-8:25am
- Mile 6 – 7:25-8:40am
- Mile 7 – 7:30-8:55am
- Mile 8 – 7:35-9:10am
- Mile 9 – 7:40-9:25am

Some times will be lighter than others as the runners get spread out as the miles go on. When there are breaks in runner traffic, volunteers can safely allow you to proceed to the nearest exit from the course.

South of 32nd Ave & North of 47th Ave

It is important to note that all areas are not impacted for the entire time. This section is on the full marathon, Half & 10K route. The full starts at 7:15AM; half & 10K at 8AM; 5K on Friday at 6:30pm. Runners head north on 11th Street, turn right on 40th Ave, east to Belmont, south on Belmont to 47th, where the full marathoners join them & then winding east along Loamy Hills, then Grassy Hills, Inland Hills, Circle Hills, Northridge Hills, back to Belmont where they head north to 32nd Ave. Participants will be on the course around the following times:

Friday Evening

- Mile 1 of 5K – 6:30-7:00pm
- Mile 2 of 5K – 6:30-7:30pm
- Mile 3 of 5K – 6:40-8:00pm

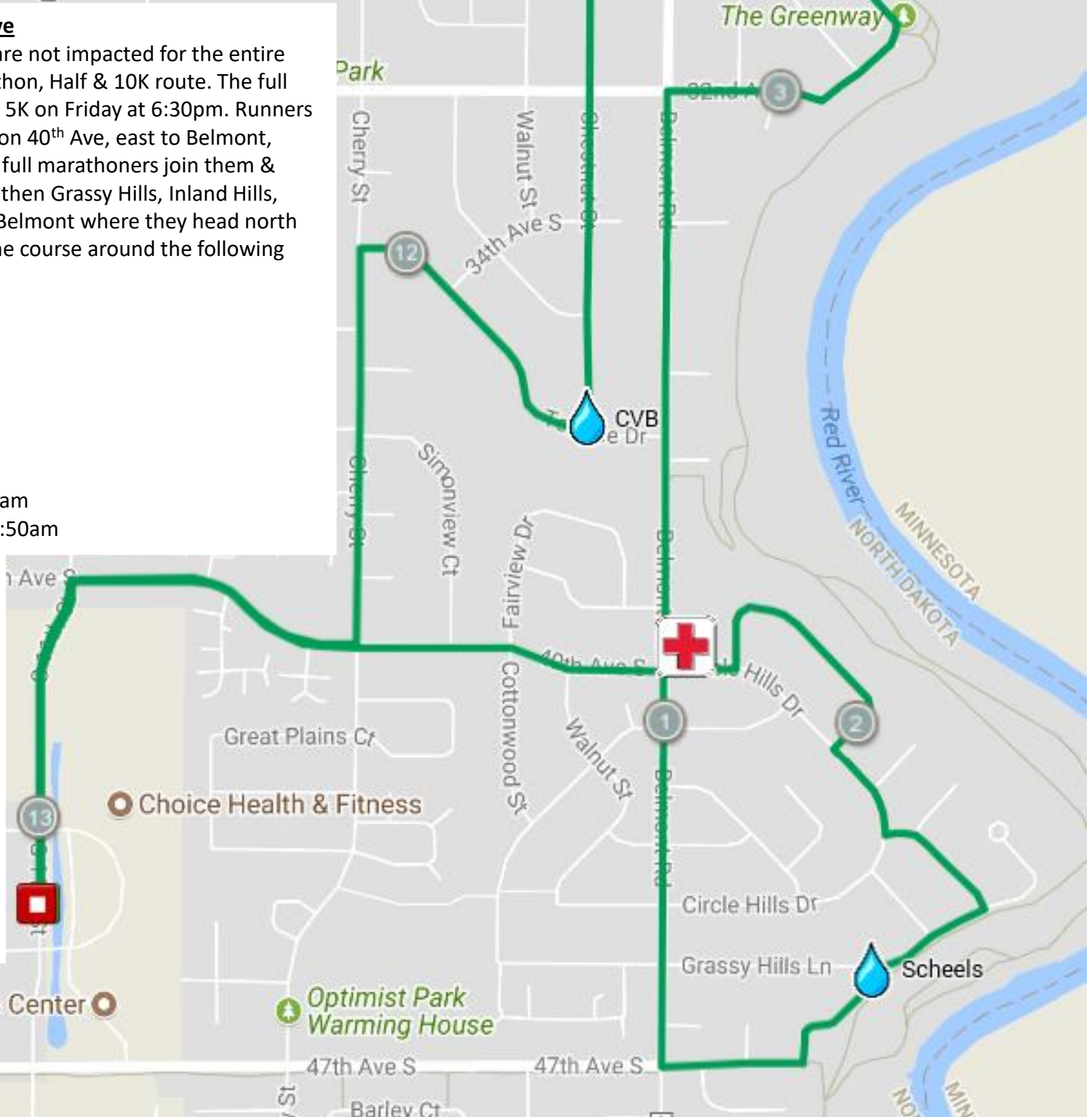
Saturday Morning

- Mile 1 of half & 10K – 8-8:20am
- Mile 2 of ½ & 10K/10 of Full – 8-9:35am
- Mile 3 of ½ & 10K/11 of Full – 8:10-9:50am

Participants will re-enter this zone on their final push to the finish line via Chestnut to Terrace, to Cherry to 40th Ave to 11th St and the finish line.

- Mile 5 of 10K, 12 of ½ & 25 of Full – 8:20am-1PM
- Mile 6 of 10K, 13 of ½ & 26 of Full – 8:25am-1:15PM

Some times will be lighter than others. When there are breaks in runner traffic, volunteers can safely allow you to proceed to the nearest exit from the course.



South of 17th Ave & North of 32nd Ave

It is important to note that all areas are not impacted for the entire time. This section is on the full marathon, Half & 10K route. The full starts at 7:15AM; half & 10K at 8AM; 5K on Friday at 6:30pm. Runners will enter this section as they travel north on Belmont Rd and turn right (east) on 32nd Ave, traveling along E Elmwood to Olson Dr and back to Belmont Rd via 25th Ave. From there, they head north to Elks Dr where they enter the Greenway and travel to EGF, MN.

Participants will be on this section of the course around the following times:

Mile 3 of ½ & 10K/11 of Full – 8:10-9:50am

Mile 4 of ½ & 10K /12 of Full– 8:15-10:10am

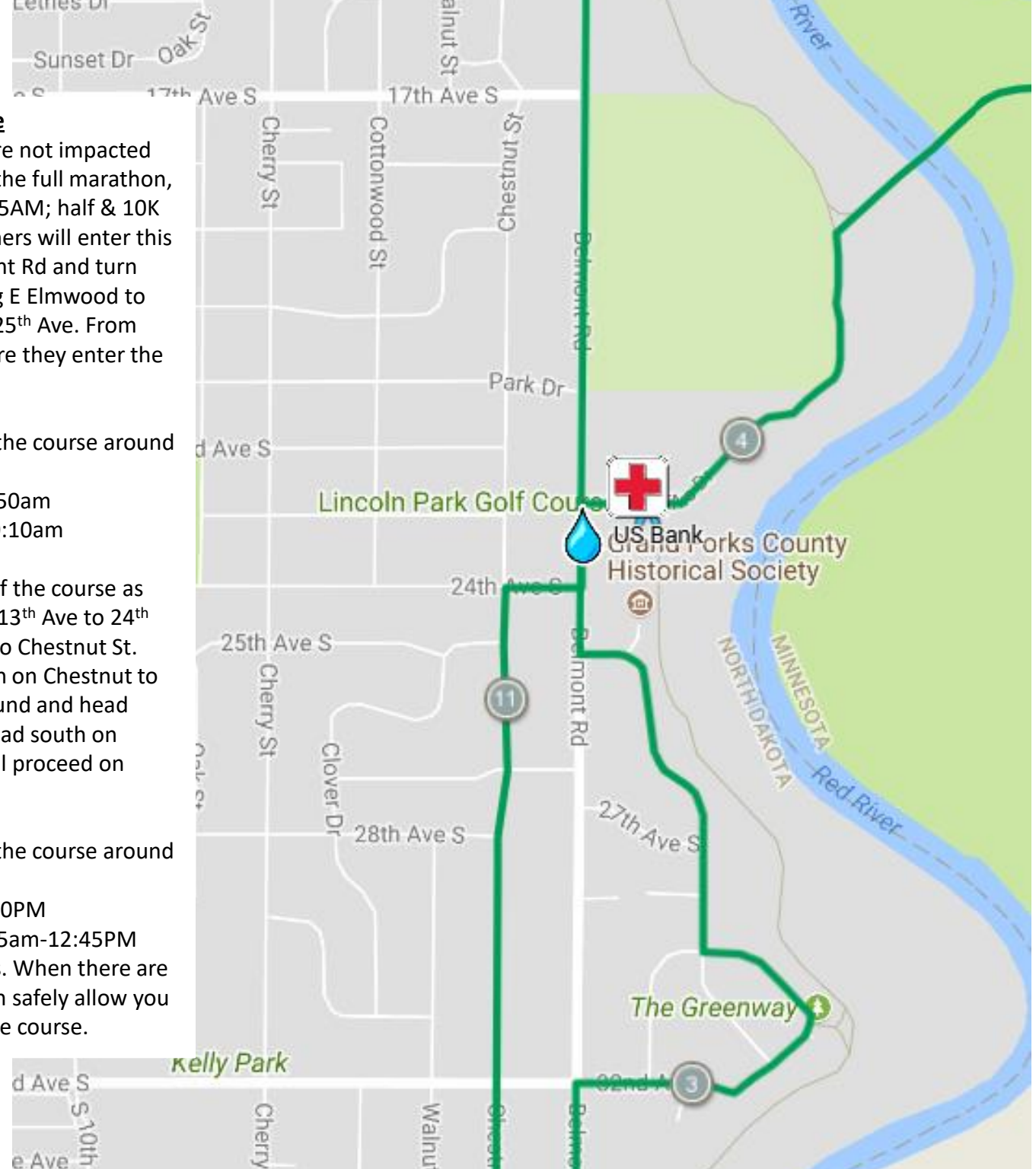
Later, they will return to this section of the course as they head south on Belmont Rd from 13th Ave to 24th Ave where they will turn right (west) to Chestnut St. The 10K does a short out & back north on Chestnut to approx. 22nd Ave where they turn around and head back south. Full & Half participants head south on Chestnut only off of 24th Ave. They will proceed on Chestnut to Terrace Dr.

Participants will be on this section of the course around the following times:

Mile 10 of ½ /23 of full – 8:45am-12:30PM

Mile 4 of 10K/11 of ½ /24 of full – 8:15am-12:45PM

Some times will be lighter than others. When there are breaks in runner traffic, volunteers can safely allow you to proceed to the nearest exit from the course.

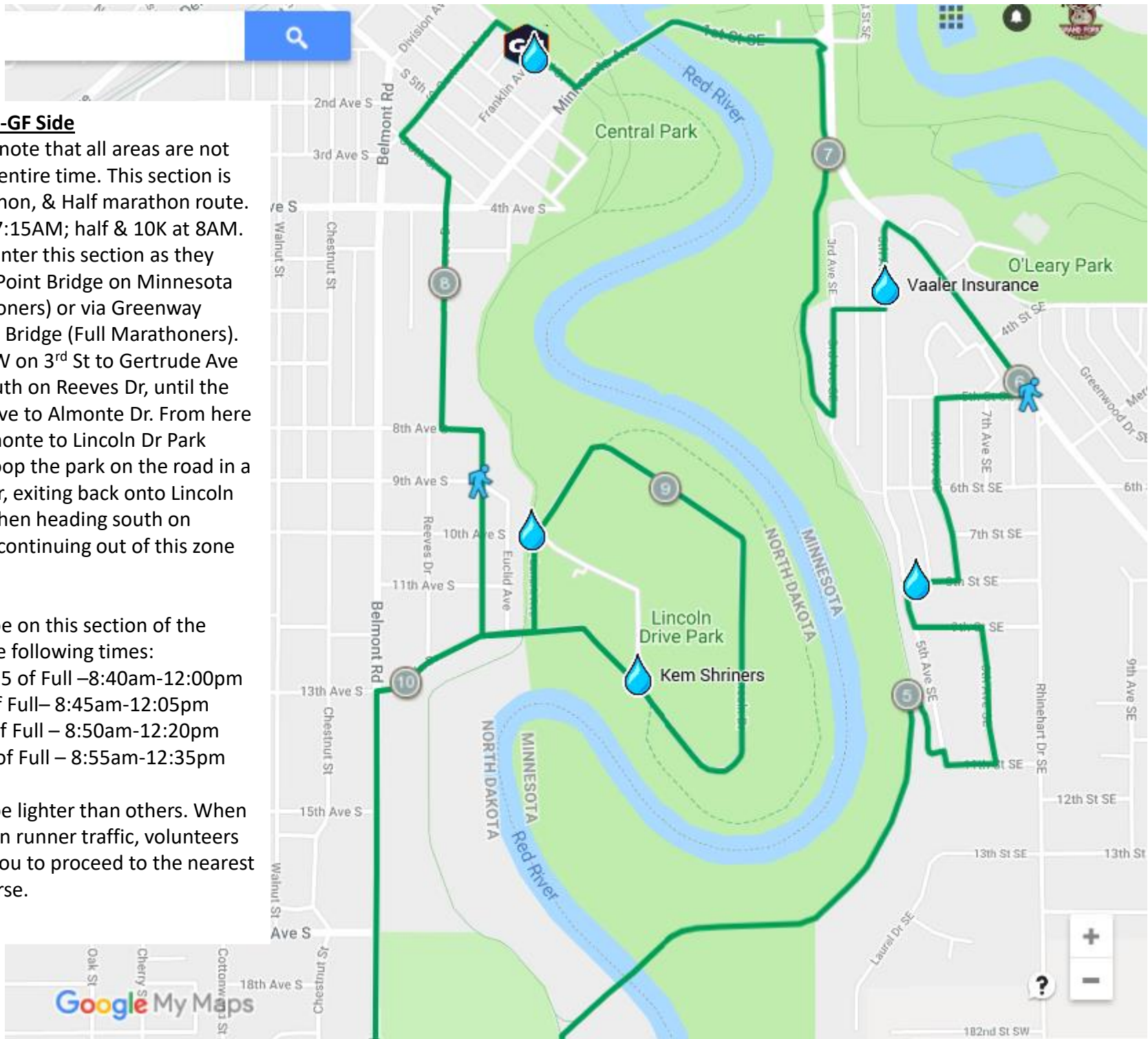


North of 17th Ave-GF Side

It is important to note that all areas are not impacted for the entire time. This section is on the Full marathon, & Half marathon route. The full starts at 7:15AM; half & 10K at 8AM. Participants will enter this section as they travel across the Point Bridge on Minnesota Ave (Half Marathoners) or via Greenway entrance by Point Bridge (Full Marathoners). They will head NW on 3rd St to Gertrude Ave to S 6th St and south on Reeves Dr, until the turn east on 8th Ave to Almonte Dr. From here they will take Almonte to Lincoln Dr Park where they will loop the park on the road in a clockwise manner, exiting back onto Lincoln Dr/13th Ave and then heading south on Belmont Rd. and continuing out of this zone to 24th Ave S.

Participants will be on this section of the course around the following times:
Mile 7.5 of ½ /20.5 of Full –8:40am-12:00pm
Mile 8 of ½ /21 of Full– 8:45am-12:05pm
Mile 9 of ½ / 22 of Full – 8:50am-12:20pm
Mile 10 of ½ /23 of Full – 8:55am-12:35pm

Some times will be lighter than others. When there are breaks in runner traffic, volunteers can safely allow you to proceed to the nearest exit from the course.



East Grand Forks

It is important to note that all areas are not impacted for the entire time. This section is on the Full marathon, & Half marathon route. The Full starts at 7:15AM; Half & 10K at 8AM. Participants will enter this section as they travel via Greenway across the Lincoln Park pedestrian bridge, leaving the Greenway and entering EGF city streets at the 5th Ave SE access point. From here, participants will turn right towards 11th St SE, turn left on 6th Ave SE to 9th St SE, back to 5th Ave SE to 8th St SE to 6th Ave SE to 5th St SE to Bygland Rd, then north to 5th Ave SE again, south to 4th St SE, then to 3rd Ave SE & south to the Greenway access where they head back onto the Greenway. From here, the half marathoners will head to GF via the Point Bridge. Full Marathoners will cross the Murray bridge and travel on the Greenway to the Riverside Dam pedestrian bridge and head back to ND. Participants will be on this section of the course around the following times:

Mile 5 of ½ /13 of Full– 8:25am-10:15am

Mile 6 of ½ / 14 of Full – 8:30am-10:30am

Mile 7 of ½ / of Full – 8:35am-10:45am

Please note: due to participant traffic on the GF side, the Point Bridge will be closed or very limited until approximately noon.

Some times will be lighter than others. When there are breaks in runner traffic, volunteers can safely allow you to proceed to the nearest exit from the course.

