



## Course Corner: Marathon Miles 4 – 8

The next four miles of the Marathon course feature some residential areas in east Appleton – also referred to as Darboy – and Kimberly. Along with a tunnel going under Hwy. CE and the first section of the trails on this year's course, this section of the course is flat and will allow you to develop a rhythm and pace that will be valuable to you in miles down the road. Your travels will take you past three different water stations, the first 'Relay Exchange Zone' and the Heart of the Valley YMCA.

### **Miles 5 & 6: Appleton & Kimberly**

Shortly after the Mile 4 marker, you will wind through Darboy area resident homes, making your way north towards Kimberly. An aid station shortly before Hwy. KK will be featured to help push you past the Mile 5 marker and almost 20% of your race is already in the books!

As you progress past Mile 5 and towards the Mile 6 marker, the Village of Kimberly comes into view. The course winds you through residential areas before closing in on the Mile 6 marker. The first runners of the relay teams will start making their final push as the first 'Relay Exchange Zone' is shortly ahead.

### ***Turn-by-Turn Directions***

- North on Coop Rd
- Turn right (east) on Garnet Dr
- Turn left (north) on Emerald Ln (which becomes Golden Way near Hwy. KK)
- Turn right (east) on Hwy. KK
- Turn left (north) on Creekside Ct
- Turn left (west) on Fenceline (which turns into Farmstead Dr)
- Turn left (north) on Woodstock Ln
- Turn left (west) on Springfield Dr
- Turn right (north) on Just About Ln (which turns into Lavender Ln)
- Lavender Ln turns into Harold Way as you continue north and east

### ***Course Features & Aid***

- Water Station #3 – Emerald Ln/Golden Way intersection

### **Miles 7 & 8: Kimberly & Combined Locks**

Once you pass Mile 6, you will come to a water station right before you go through the tunnel under Hwy. CE. After exiting the tunnel on the north side near the YMCA parking lot, the first 'Relay Exchange Zone' will be waiting for you. Marathoners: don't be discouraged if a fresh relay runner passes you with ease...you've already run 6+ miles! Upon clearing the 'Relay Exchange Zone', you will now be treated to

the first off-road paved trail this year's course has to offer. You'll experience almost 1 ½ miles of the Hwy. CE Trail – with only one cross road interrupting the Trail. The Mile 7 marker is just to the west of Cty. Hwy. N.

The entire distance from the Mile 7 marker to the Mile 8 marker is on the Hwy. CE Trail. You'll be running from west to east along this section of the course, so generally speaking, any wind that may be present on race day will like be at your back (hopefully☺). As you approach Mile 8 there will be the next water station along the trail – just before you turn north on Buchanan Rd in Combined Locks. The water station is in a strategic location as once you turn north on Buchanan Rd, a couple of rolling hills in the next couple of miles will present themselves...so plan accordingly.

### ***Turn-by-Turn Directions***

- Continue on Harold Way
- Turn left (north) on Pat's Dr
- Turn right (east) on Creekview Ln
- Creekview Ln turns into Railroad St as you continue north and east
- Turn right (east) on Better Way
- Turn left (north) on to trail going under Hwy. CE
- Run under Hwy. CE via tunnel
- Turn right (east) on Hwy. CE Trail, crossing Cty. Hwy. N
- Continue to follow Hwy. CE Trail east to Buchanan Rd intersection

### ***Course Features & Aid***

- Water Station #4 – Hwy CE Tunnel/US Venture (south side of Tunnel)
- Relay Exchange Zone #1 – Hwy. CE Trail at the Heart of the Valley YMCA
- Water Station #5 – Hwy. CE Trail/Buchanan Rd Tunnel

***Up Next: Full Marathon Miles 8 – 12***