



## Course Corner: Marathon Miles 8 – 12

The next four miles of the course provide a challenge, but you're also rewarded with picturesque views of the Fox River in Combined Locks, a long flat section of road in Kimberly and more trails that wind through Sunset Park in Kimberly. Don't be fooled as you near the halfway point of the course, it's important to not panic and focus on maintaining your pace; make it through the rolling hills of Combined Locks and Kimberly and you will have 3+ miles of flat, and downhill terrain to recover!

### **Miles 8-10: Combined Locks**

From the minute you turn north on to Buchanan Rd (off of the Hwy. CE Trail), you will be staring at an incline. Don't worry though, get over this bump in the road and you will have flat and downhill running as you make your way north towards the Fox River. Memorial Park and Lindbergh Parks in Combined Locks parks will also help your trek towards the river. Shortly after passing the parks and merging on to Prospect St, you will be able to catch your first glimpse of the Fox River. Although Prospect St is closed entirely to traffic, I would recommend staying on the right (north) side of the street for better view and easier access to the next water station shortly after the Elm St intersection.

Of course after running 'down' toward the river and past the water station, you must go 'up' and towards Kimberly. You can expect a uphill on Prospect St west of Elm St – just know that once you crest the hill and reach Kimberly Ave, you have almost 2 miles of flat running before more downhill and flat running.

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

- Buchanan Rd north (which turns into Park St as you continue north)
- Park St turns into Prospect St as you continue north and west
- Follow Prospect St north and west to E Kimberly Ave

### **Course Features & Aid**

- Water Station #6 – Prospect St, west of Elm St

### **Miles 10-12: Kimberly**

By the time you hit the #10 mile marker, you will be up the worst of the hill and entering Kimberly. After a short stint on Kimberly Ave and a one-block trek on Wilson St, you will be heading west on Maes Ave. The second 'Relay Exchange Zone' will be located on Maes Ave between Pine St and Elm St – enjoy and channel the excitement and enthusiasm from the spectators and volunteers to push you west towards Sunset Park.

Just before you entering the Sunset Park Trail system, your next water station will be on the north side of Maes Ave. Sunset Park will provide you with shade (if needed) and a shelter to any wind that might be around. You'll wind around baseball and softball diamonds in Sunset Park – the home to Kimberly High School and national fast pitch softball tournaments each summer. After a brief stint on Kimberly Ave. and then heading back into Sunset Park and passing the swimming area know that you're at Mile 12 already!

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

- Follow Kimberly Ave west
- Turn right (north) on N Wilson St
- Turn left (west) on Maes Ave & follow west to Sunset Park Trail entrance
- Turn right (north) on Rivers Edge Dr.
- Turn left (west) on Sunset Park connecting trail
- Continue to follow the Sunset Park Trail around the perimeter of the upper part of the park to the band shell and Kimberly Ave.
- Turn right (west) on to Kimberly Ave.
- Turn right (north) into Sunset Park (west park entrance)
- Turn left (west) on Fulcer Ave. (going past swimming area)
- Turn right (north) on Schindler Dr.

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

- Relay Exchange Zone #2 – Maes Ave between Pine St and Elm St
- Water Station #7 – Maes Ave/Clark St intersection
- Water Station #8 – Fulcer Ave/Sunset Park swimming area
- Medical Aid Station #2 – Fulcer Ave/Sunset Park swimming area

***Up Next: Full Marathon Miles 12 – 16***