



Course Corner: Marathon Miles 13 – 16



After exiting Sunset Park in Kimberly, you have almost 3 miles of flat or downhill running! This section of the course features the halfway point (along Newberry St.), the first GU Energy Gel Station, Telulah Park and a trek along the “Appleton Flats” on the Newberry Trail, an area along the Fox River in Appleton and a Relay Exchange Zone at the “Between the Locks” building. The Newberry Trail also runs adjacent to the Lawrence University athletic facilities – including the outdoor track and Alexander Gymnasium. The last portion (about a mile) of this section takes you away from the river...and back up the last real climb in the final 10+ miles to the finish line.

Miles 13-14: Kimberly & Appleton

Miles 13 and 14 feature flat, straight running – which should allow you to get back in a rhythm and on pace if you previously faltered in Combined Locks or Kimberly. The official halfway point, Mile 13.1, is at the Newberry St./N. Briarcliff intersection. As you approach the Mile 14 marker, Telulah Park and its permanent train engine come into view.

Turn-by-Turn Directions

- Continue north on Schindler Dr.
- Turn left (west) on Sunset Dr.
- Turn left (south) on Welhouse Dr.

- Turn left (east) on Fulcer Ave.
- Turn right (south) on Roger St.
- Turn right (west) on Kimberly Ave. (exiting Kimberly & entering Appleton)
- Kimberly Ave. turns into Newberry St. in Appleton
- Turn right (slightly north) on to the Newberry Trail (just west of Newberry Ct.)
- Follow the Newberry Trail west towards Teluah Park

Course Features & Aid

- Halfway Point – Mile 13.1 – Newberry St./N. Briarcliff Dr.
- GU Energy Gel Station #1 – Telulah Park, just west of Weimar Ct.
- Water Station #9 – Telulah Park

Miles 14-16: Appleton

As you wind through Telulah Park a little bit and follow the road/trail, be prepared to head back downhill toward the river. Once you get to the bottom of the hill and go underneath the College Ave. Bridge, you will enter the Newberry Trail. Enjoy the flat terrain along the river – and if you need a break from the pavement, there is even a dirt single-track path next to the trail. Be careful as you go over the railroad tracks – they are a little bumpy! The next water station is at the intersection with Lawe St., followed by another section of the Newberry Trail. Towards the end of this section of trail, you will experience a short climb up towards the third relay exchange zone. Passing the relay area and continuing to climb up Lincoln St, know that a water station awaits you at the top of the hill in Jaycee Park. Also revel in the fact that you just made it up the last climb of any merit on the remainder of the course – congratulations! Mile 16 is right before Jaycee Park as you turn onto Jackson St. On Jackson St. you'll enjoy a flat, straight and shady mile leading up to Mile 17.

Turn-by-Turn Directions

- Continue west on out of Telulah Park which turns into River Heath Way when you go down hill
- Follow River Heath Way west towards Banta Ct. (underneath the College Ave. Bridge)
- Continue west entering the Newberry Trail on the west side of Banta Ct.
- Follow the Newberry Trail west through the Lawe St. intersection and to E. South River St.
- Run around the front (west side) of the 'Between the Locks' building
- Turn left (east) on to Lincoln St.
- Turn right (south) on Jackson St.
- Continue south on Jackson St.

Course Features & Aid

- Water Station #10 – Newberry Trail/Lawe St. intersection
- Relay Exchange Zone #3 – “Between the Locks” parking lot
- Water Station #11 – Jackson St. @ Jaycee Park
- Medical Station #3 – Jackson St. @ Jaycee Park

Up Next: Full Marathon Miles 16 – 20