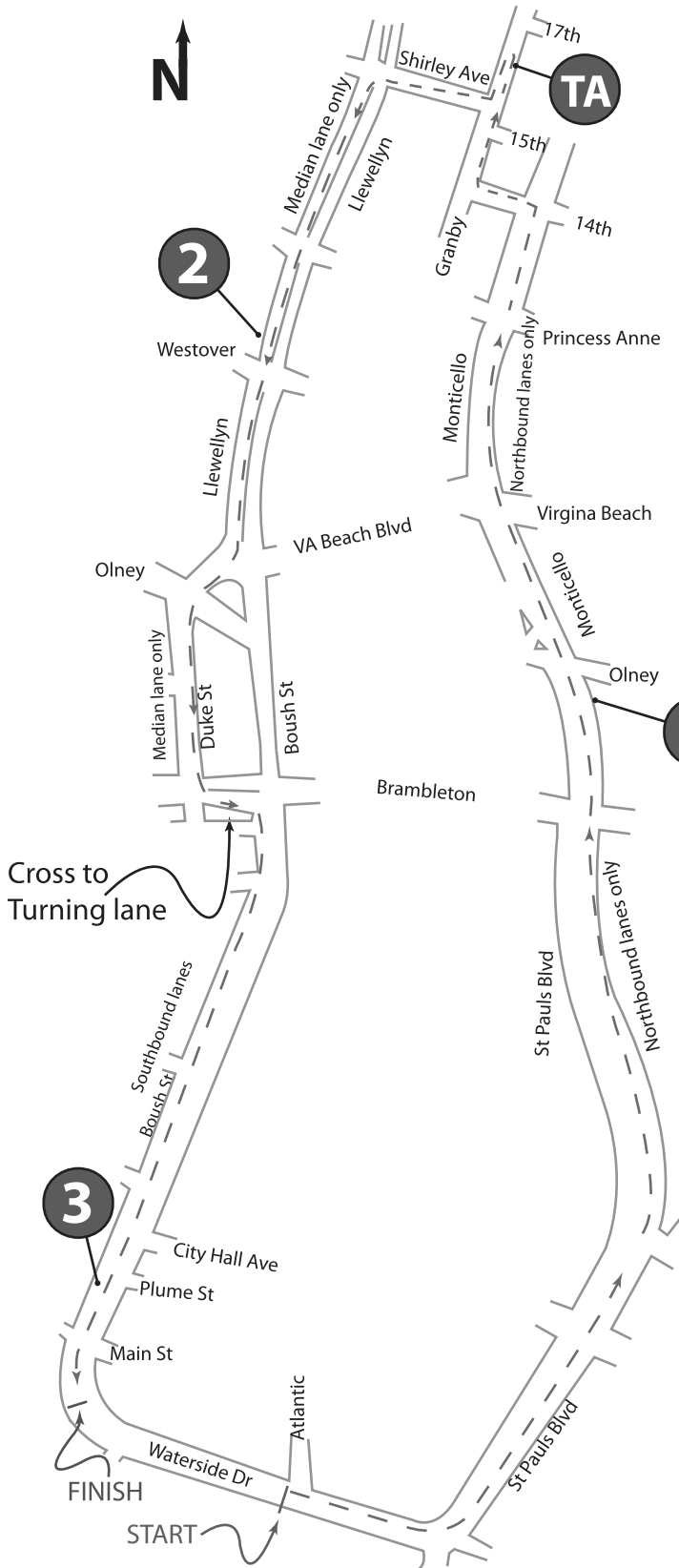


Wounded Warrior 5k

Norfolk, VA
 USATF Certificate VA10001DCR
 Effective 8/8/10 - 12/31/2020



RaceMeasure has measured this course following USATF guidelines, and stands by the measurement.

However, *RaceMeasure* does not set out the course on race-day, and is not responsible for courses not set out precisely according to this map.

GPS coordinates given only to assist in getting close to marked locations. NOT to be use to replace lost marks. NAD 83

Start:	N36.84483°	W76.29042°
1 mile:	N36.85555°	W76.28544°
TA:	N36.86382°	W76.28673°
2 mile:	N36.86025°	W76.29061°
3 mile:	N36.84769°	W76.29352°
Finish:	N36.84620°	W76.29393°

Points marked with nail/washer and paint, and on nearest curb to runner.

Start: 10 feet W of light pole holding the traffic lights over westbound lanes of Waterside at Atlantic. This is the western edge of the brick side walk on the west side of Atlantic that crosses Waterside.

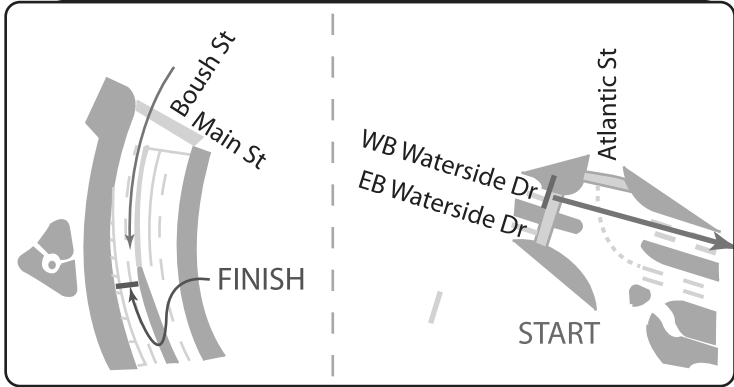
1 mile: 19' N of pole NO517 DA46 on St Paul's just south of Olney.

Turnaround: 3'8" S of 1600 Granby center of main door

2 mile: 16' S of pole NO517 AD14, just N of Westover

3 mile: 19' S of drain cap at the entrance to Nautics

Finish: First fire hydrant S of Main on Waterside



Start elevation: 50' Finish: 56' High point: 112' Low point: 10'
 Measurement & mapping by RaceMeasure, July 2010 www.RaceMeasure.com Elevation profile by MapMyRun.com