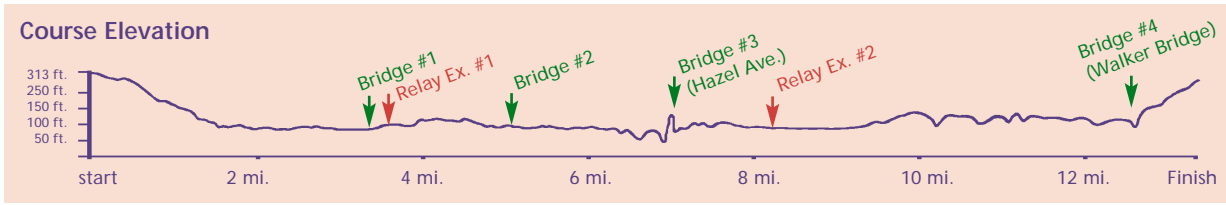
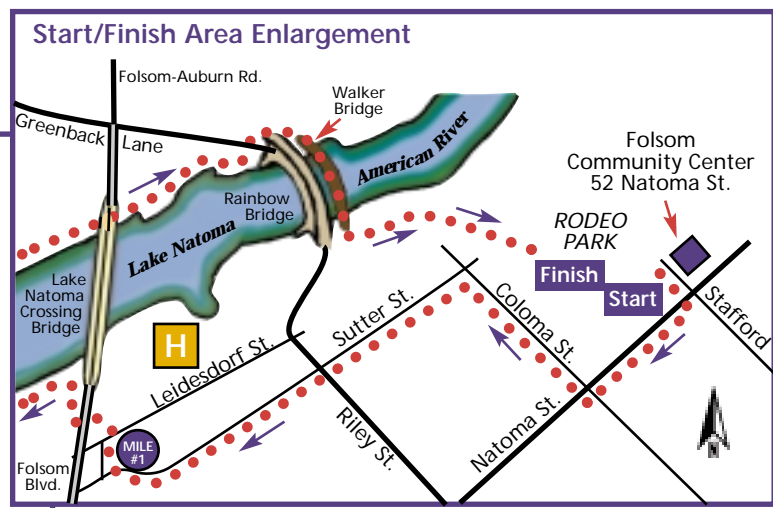
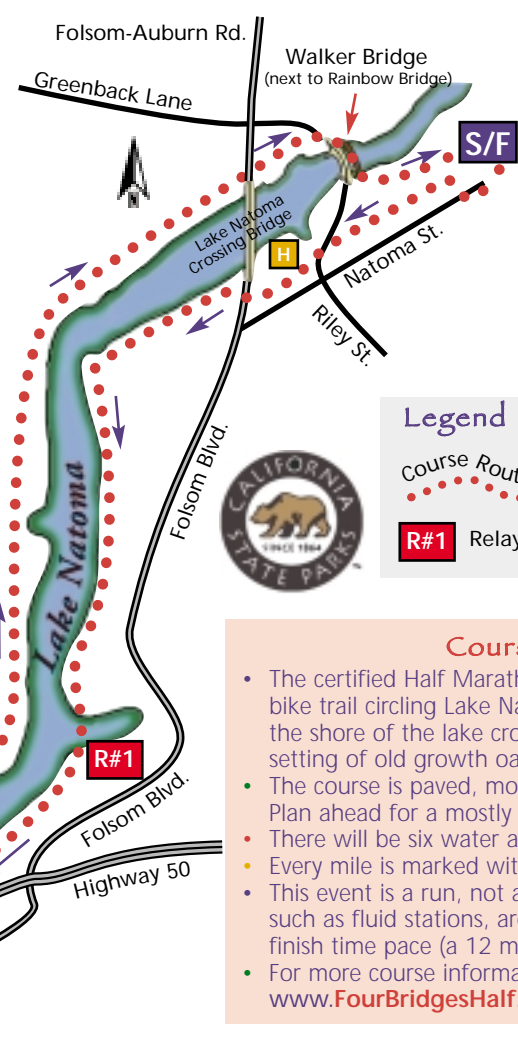


The Lake Natoma Four Bridges Half Marathon & Three-Person Relay MAPS and IMPORTANT DETAILS



Course Map for the Lake Natoma Four Bridges Half Marathon

- #### Driving/Parking Tips
- The Health & Fitness Expo, the start, finish, and packet pickup are at or near the Folsom Community Center, 52 Natoma St, next to Folsom City Hall.
- From Hwy 50, exit Folsom Blvd.; go north to Natoma St.; go east on Natoma to the Folsom Community Center.
 - From I-80 southbound, exit at Douglas Blvd.; go east to Folsom-Auburn Rd., then south across the Natoma Crossing Bridge to Natoma St.; go east on Natoma St. to the Folsom Community Center.
 - Free lot and street parking are nearby.
 - Allow extra time for parking due to crowds.
 - Carpooling is highly recommended.



- ### Safety Rules for All Entrants
- No dogs
 - No unregistered runners, walkers, or pacers
 - No headphones or Walkman-type radios
 - No strollers, baby joggers, inline skates, bicycles
 - Race services are limited to a 2:45 finish time pace (a 12 min.-30 sec. per mile pace).

Legend (Maps are not drawn to scale.)

- Course Route (dotted red line)
- R#1 Relay Exchange (red box)
- Host Hotel: The Lake Natoma Inn (H in yellow box)
- S/F Start/Finish (S/F in blue box)



- ### Course Information
- The certified Half Marathon (13.1-miles) follows a beautiful bike trail circling Lake Natoma in Folsom. You will run along the shore of the lake crossing four bridges through a shade setting of old growth oaks and natural wildlife habitat.
 - The course is paved, mostly flat with occasional rolling hills. Plan ahead for a mostly downhill first mile and uphill last mile!
 - There will be six water and fluid replacement stations.
 - Every mile is marked with colorful, 15-foot flags.
 - This event is a run, not a walk. Course is open and services, such as fluid stations, are provided for a finish pace up to 2:45 finish time pace (a 12 min.-30 sec. per mile pace).
 - For more course information and photos, visit: www.FourBridgesHalf.org.

- ### Relay Information
- Not ready to run the 13.1-mile half marathon distance? Get together with two friends and run the Relay!*
- The relay legs are approximately 3.7 miles, 4.1 miles and 5.3 miles.
 - Relay runners use the same start and finish lines as the individual Half Marathon entrants.
 - Plan ahead: relay team members are responsible for their own transportation to and from relay exchange zones. Exchange zone maps and driving tips will be provided with entry confirmation and in race packets.

- ### Timing/Starting Waves
- Chip timing will be used.
 - Due to the narrow bike trail, this event will be started in waves approximately 5-minutes apart.
 - All entrants (including teams) must include their predicted half-marathon time on the entry for proper wave assignment.
 - Wave assignment will be provided at packet pickup and is based on total number of entrants.