

Narragansett Bay

Amica MARATHON

Newport, Rhode Island

MARATHON • HALF MARATHON • RELAY



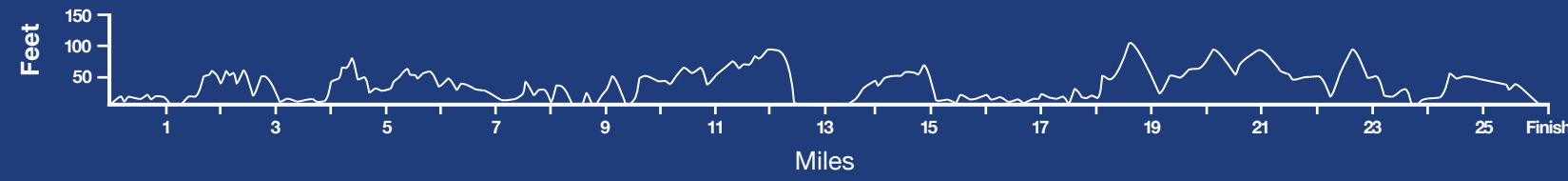
WATER STOPS

1	Water, Restrooms
2	Water, Gatorade
3	Water, Restrooms
4	Water
5	Water, Gatorade, Food, Restrooms
6	Water, Gatorade, Restrooms
7	Water, Gatorade, Food, Restrooms
8	Water, Gatorade, Food, Restrooms

Food Includes: PowerBars, PowerGels, and Bananas

LEGEND

- Marathon / Half Marathon Mileage Markers
- (turnaround)
- Relay Leg Transition
- Water Stations
- Restrooms
- (direction)
- City Street
- Street Name
- Pond/Ocean



OCTOBER 18, 2009 / RACE TIME : Amica Marathon, UnitedHealthcare Half Marathon, Marathon Team-Relay : 8:00 AM

RELAY LEGS : First Leg: 6.25 miles Second Leg: 6.85 miles Third Leg: 4.25 miles Fourth Leg: 5.25 miles Fifth Leg: 3.6 miles

