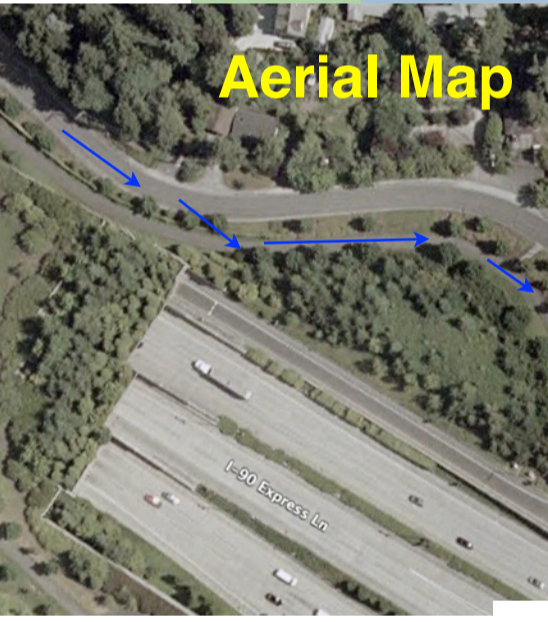




Half Marathon Course  
 Half Marathon Mile Marker  
 Water & Restroom  
 Electrolyte Station  
 Clif Shot Station  
 Restrooms are located near each Water Station



**A Test of Will**

You must be fit to finish it. It's 13 miles long. Much more than skill, it tests your will just like a marathon.

Make no mistake, your feet will ache once you have reached the end. But you will find (despite the grind) you'll want to try again.

This is a test so do your best beyond what you rehearsed. Your motive's pure...to find a cure to colon cancer's curse.

by Greg Asimakoupoulos  
Mercer Island Rotary

