

Road and River Relay Running Course:

- Start on Arch in front of Salvation Army towards Y.
- Follow Arch and cross river on Lyndhurst at the Y.
- Take Left on Jefferson and cut cross-country to Washington.
- Follow Washington to Windsor, just before you get to Windsor you cross **1-mile**. Go left on Windsor across RXR.
- Go left on to the left shoulder of Delphine Rd Ave. Follow the shoulder the entire distance. (There will be no need to get on the road).
- Passing Wayn-Tex, you will cross several entrances. The one coming just before the center median with trees on Delphine is the **2-mile**.
- Follow Delphine to the turn just before NAPA. Turn left and follow the alley around behind People's Garage to the underpass on Main.

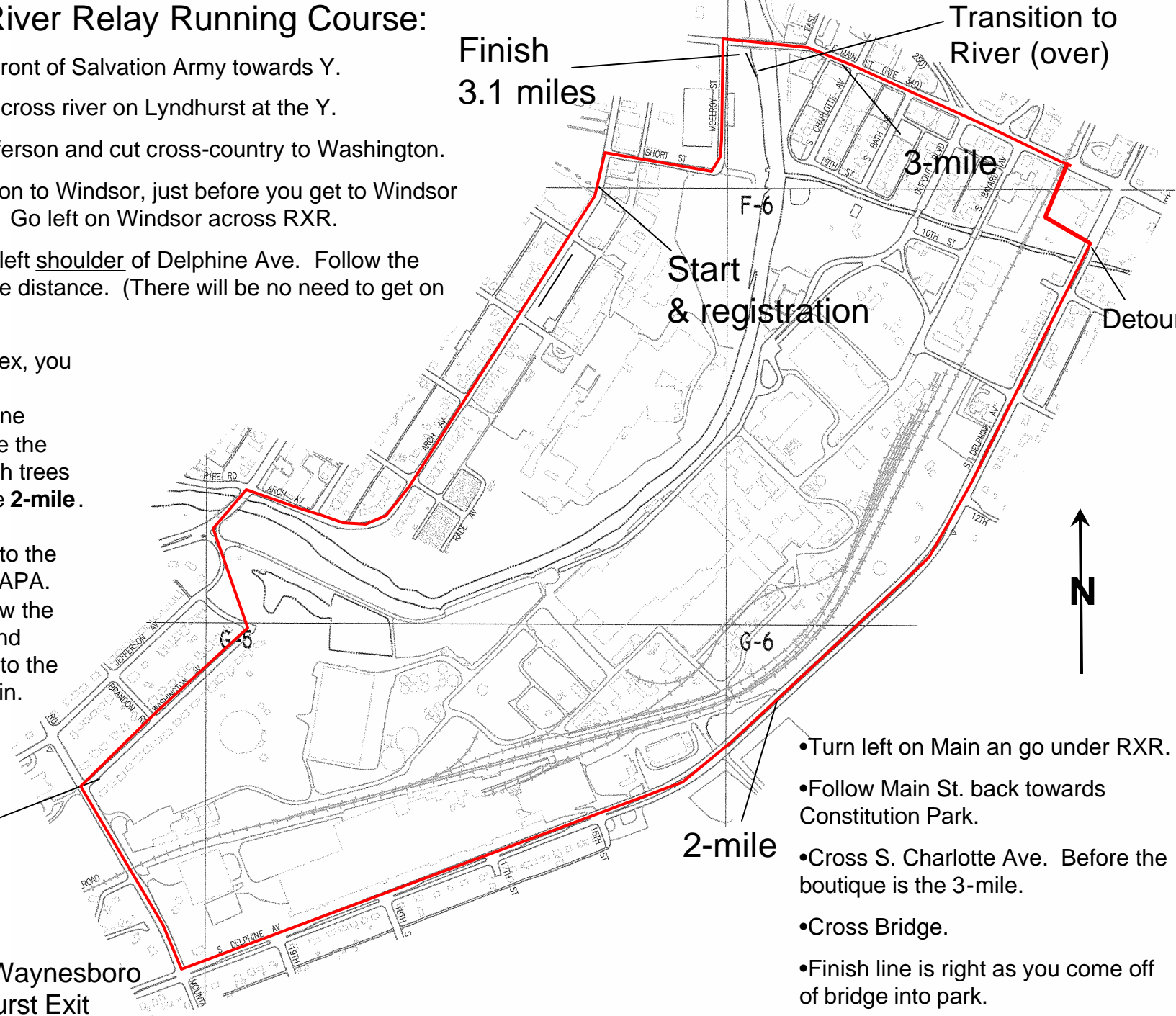
**Finish
3.1 miles**

Transition to
River (over)

3-mile

**Start
& registration**

Detour



1-mile

2-mile

- Turn left on Main an go under RXR.
- Follow Main St. back towards Constitution Park.
- Cross S. Charlotte Ave. Before the boutique is the 3-mile.
- Cross Bridge.
- Finish line is right as you come off of bridge into park.

To I-64 Waynesboro
← Lyndhurst Exit