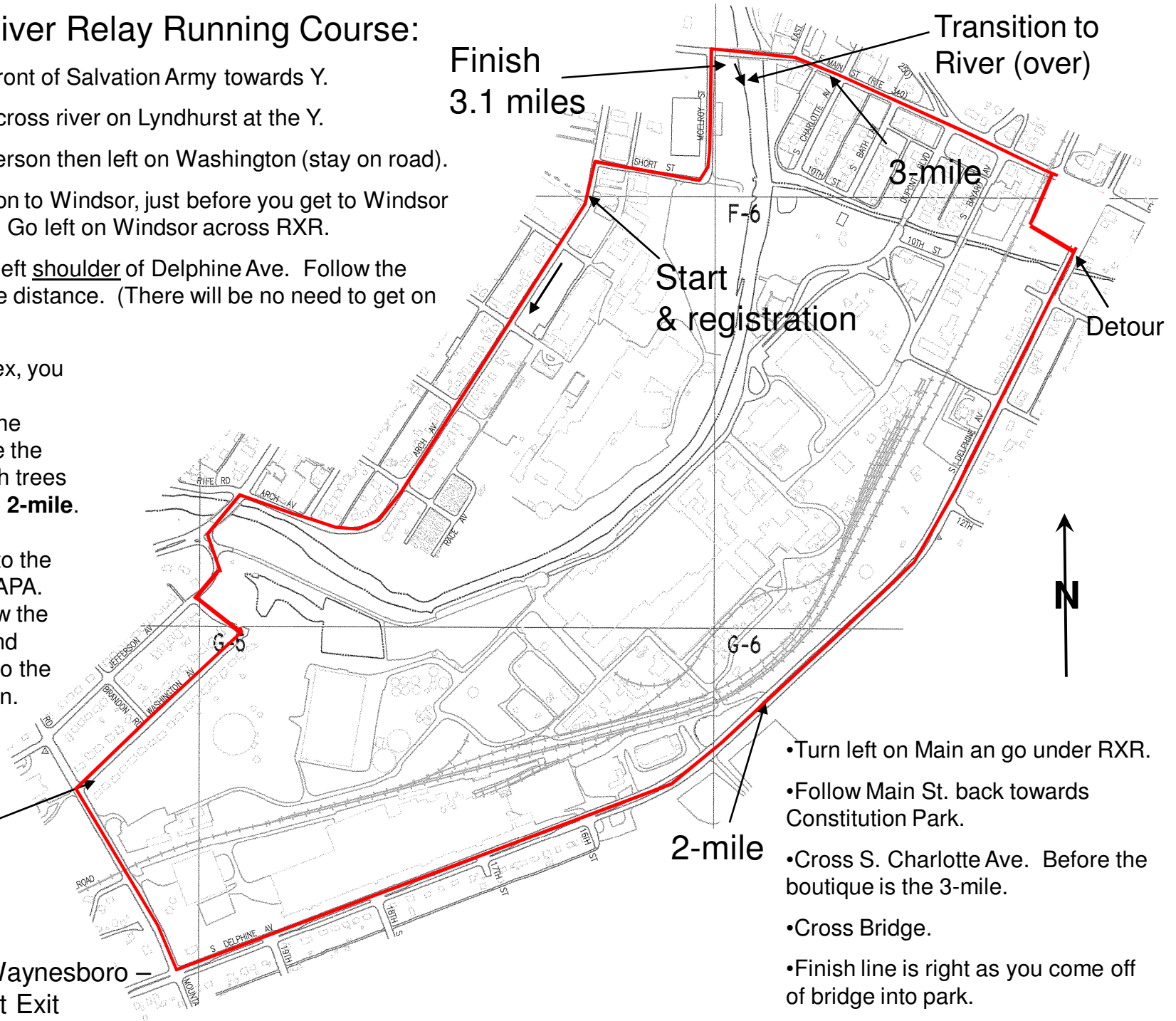


Road and River Relay Running Course:

- Start on Arch in front of Salvation Army towards Y.
- Follow Arch and cross river on Lyndhurst at the Y.
- Take Left on Jefferson then left on Washington (stay on road).
- 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 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.

1-mile

To I-64 Waynesboro –
Lyndhurst Exit



Finish
3.1 miles

Transition to
River (over)

3-mile

Start
& registration

Detour



- 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.

2-mile