

RELAY FORMAT

SEGMENT / COURSE		DISTANCE	TOTAL DISTANCE
1 / City Stadium (Start) to Manchester Climbing Wall Parking Lot		5.38	5.38
2 / Manchester Climbing Wall Parking Lot to Varina Veterinary Clinic		5.93	11.31
3 / Varina Veterinary Clinic to Herring Creek Trail Head		20.41	31.72
4 / Herring Creek Trail Head to Sandy Point Superette		14.15	45.87
5 / Sandy Point Superette to Jamestown Beach Event Park		13.51	59.38
6 / Jamestown Beach Event Park to Greensprings Trail Head		4.92	64.3
7 / Greensprings Trail Head to Chickahominy Riverfront Park		5.38	69.68
8 / Chickahominy Riverfront Park to Lawrence Lewis Jr. Park		16.98	86.66
9 / Lawrence Lewis Jr. Park to The Fork on Five		14.36	101.02
10 / The Fork on Five to Great Shiplock Park		15.41	116.43
11 / Great Shiplock Park to 22nd Street Parking Lot		4.88	121.31
12 / 22nd Street Parking Lot to City Stadium (Finish)		4.06	125.37