

Run from Winter 10K Course Map(not to scale) Duke Island Park Bridgewater, NJ NJ10003LMB

Effective 1/22/2010 to 12/31/2020

START- On Park Rd, directly across from & even with the W. bottom foundation end of the Visitor Center; 31' E. of light pole(LP) #6890; 103' W. of LP #6891. Both LPs are on N. side of road.

1 MILE- On Bike Path, 180' W. of the W. corner of the intersection of the Path to Parking Lot D; directly even with the Westernmost fence post of the "Falcon Ridge" fence line that parallels the Raritan River; 110 E. of the "Bike Route" sign pole on S. side.

2 MILE- On Bike Path, 133' W. of the 2nd "Bike Route" sign pole on S. side that is E. of fork in Path. The fork is S. of the Duck Pond

3 MILE- In the Hibernia Bridge Parking Lot, 53' N. of the N. end of the Bridge.

TURNAROUND #1- On the Exit Driveway for the Hibernia Bridge Parking Lot, N. of the 3 Mile mark; 22' S. of the intersection with Old York Rd; 10' S. of the "EXIT" sign pole on W. side.

5 km - On Bike Path, after **TURNAROUND**, heading Southbound, just S. of the Hibernia Bridge; even with the "Bike Route End" sign pole on E. side.

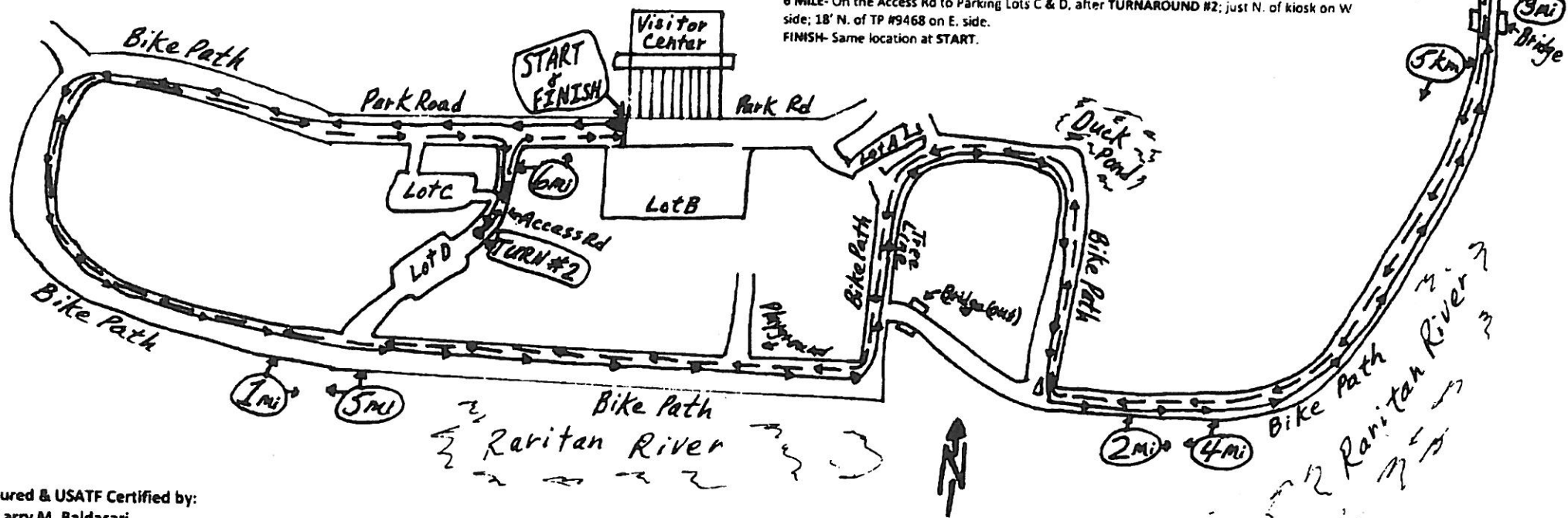
4 MILE- On Bike Path, 230' E. of the 2 MILE mark; 97' E. of the 2nd "Bike Route" sign pole on S. side that is E. of fork in Path.

5 MILE- On Bike Path, E. of the 1 MILE mark; at the E. end of the Path to Parking Lot D; 63' E. of the E. end of the "Falcon Ridge" fence line.

TURNAROUND #2- On the Access Rd to Parking D, just E. of Parking Lot D & across from picnic grove; 30' E. of telephone pole(TP) #9471; 100' W. of TP #9470. Both TPs are on N. side.

6 MILE- On the Access Rd to Parking Lots C & D, after **TURNAROUND #2**; just N. of kiosk on W side; 18' N. of TP #9468 on E. side.

FINISH- Same location as **START**.



Measured & USATF Certified by:
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