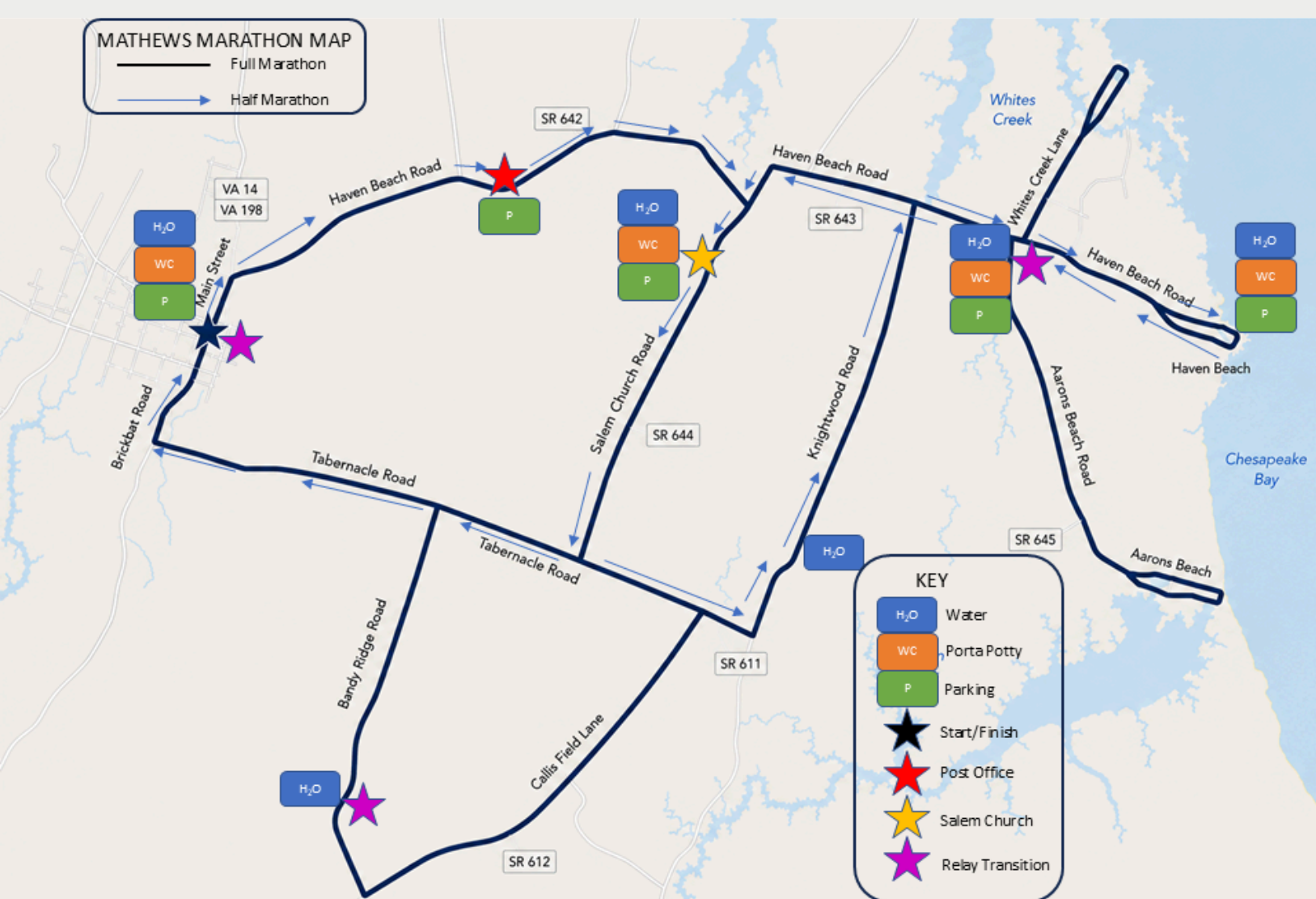




FULL MARATHON TURN-BY-TURN

START ON BRICKBAT RD and TURN LEFT ON MAIN ST. TURN RIGHT ON HAVEN BEACH RD. RIGHT ON SALEM CHURCH RD. RIGHT ON TABERNACLE RD. AND RIGHT ON MAIN ST FOR A FULL 5.8M LOOP. CONTINUE ON MAIN ST. RIGHT ON HAVEN BEACH RD. RIGHT ON SALEM CHURCH AND RIGHT ON TABERNACLE. ON THE SECOND LOOP, TURN LEFT ON BANDY RIDGE RD. LEFT ON RIDGEFIELD RD. LEFT ON CALLIS FIELD RD. RIGHT ON TABERNACLE RD and QUICK LEFT ON KNIGHTWOOD RD. TURN RIGHT ON HAVEN BEACH RD and ENTER "THE TRIDENT" - GO LEFT ON WHITES CREEK ROAD (OUT & BACK). LEFT ON HAVEN BEACH RD (OUT & BACK) WITH OLD HOUSE WOODS EXTENSION ON WAY OUT ONLY. LEFT ON AARONS BEACH ROAD (OUT & BACK) WITH GULLWING COVE EXTENSION ON WAY BACK ONLY. EXIT THE TRIDENT and turn LEFT ON HAVEN BEACH RD. LEFT ON SALEM CHURCH RD. RIGHT ON TABERNACLE RD and RIGHT ON MAIN ST. FINAL LEFT TURN ON BRICKBAT RD TO FINISH.

MARATHON RELAY

FOLLOW THE TURN-BY-TURNS OF THE FULL MARATHON COURSE. THE TRANSITION points ON THE MAP are suggestions for a 5-MEMBER TEAM. 1ST LEG 5.8M (TRANSITION NEAR THE START). 2ND LEG 5.5M (TRANSITION AT BANDY RIDGE WATER STOP). 3RD LEG 3.9M (TRANSITION AT TRIDENT). 4TH LEG 6.8M - OUT-AND-BACK TO ALL 3 BEACHES (TRANSITION AT TRIDENT). 5TH LEG 4.2M (TRIDENT TO FINISH). YOUR OWN TEAM CAN ELECT TO DIVIDE THE 26.2 MILES INTO DISTANCES THAT SUIT YOUR TEAM GOALS.

HALF MARATHON TURN-BY-TURN

START ON BRICKBAT RD and TURN LEFT ON MAIN ST. TURN RIGHT ON HAVEN BEACH RD. RIGHT ON SALEM CHURCH RD. LEFT ON TABERNACLE RD. AND LEFT ON KNIGHTWOOD RD. TURN RIGHT ON HAVEN BEACH RD and ENTER "THE TRIDENT" - GO LEFT/ RIGHT ON HAVEN BEACH RD (OUT & BACK) WITH OLD HOUSE WOODS EXTENSION ON WAY OUT ONLY. EXIT THE TRIDENT and turn LEFT ON HAVEN BEACH RD. LEFT ON SALEM CHURCH RD. RIGHT ON TABERNACLE RD and RIGHT ON MAIN ST. FINAL LEFT TURN ON BRICKBAT RD TO FINISH.

"World's Flattest Race Course"



THE MOC WAS ESTABLISHED TO ENCOURAGE AND FACILITATE THE USE OF MATHEWS COUNTY'S OUTDOOR SPACES. WHETHER COMPETING IN AN ATHLETIC EVENT. ENJOYING A LEISURE ACTIVITY WITH FAMILY & FRIENDS. OR EXPLORING THE UNIQUE TOPOGRAPHY OF THE VIRGINIA TIDEWATER REGION. YOU FOUND THE RIGHT SPOT. MOCVA.NET