



2010 Coast Guard Run presented by North Ottawa Community Health System

The Race begins and finishes at the YMCA. The course is challenging, with varied terrain, and offers the beautiful scenery of Lake Michigan and Grand Haven. The 10K route is US Track & Field Certified.

10K (6.2 miles)

Start: Sherman Avenue at Sand
 Left on 3Rd Street
 Left on Howard
 Right on Harbor Drive (remain on street)
 Follow Harbor Drive as it turns in to Jackson Street
 Left on to 3rd Street to Harbor Island
 Right on to Coho Drive
 Left to turn around at restrooms
 Right on Coho Drive
 Left on 3rd Street
 Left on to Washington Avenue
 Right on 5th Street
 Slight veer Left as 5th Street becomes Sheldon Road
 Right on to Grand Avenue
 Right on Harbor Drive
 Right on Y Drive
 Finish: in front of YMCA