



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 5K route is US Track & Field Certified.

5K (3.1 miles)

Start: Sherman Avenue at Sand Veer
 Right on Howard Avenue
 Right on Sheldon Road
 Right on to Grand Avenue
 Right on Harbor Drive
 Right on Y Drive
 Finish in front of YMCA