

Thanks to our Sponsors:



Awards

1/2 Marathon Finisher Medals
Overall Winners receive Plaques
Age Division Ribbons: 1st - 4th

Course Description—look for maps at www.nookachamps.com.

1/2 Marathon: Starts north on Laventure Rd., gradually uphill, becomes Francis Road and steep downhill, very flat from two mile out to Clear Lake and midway point with brief out and back on Beaver Lake Road. Some small hills through middle miles. Take Mud Lake Road and then Swan Road back into Mt. Vernon. Turn Left back on to Francis Road and then Laventure. Turn left into college campus and finish on truck loop.

10K—Start North on Laventure, gradual uphill and then short steep downhill on Laventure that becomes Francis. Just after 2 Mile turn right onto Thillberg and then right on to Swan Road, then left back on to Francis. Turn left on to Martin Road and then right on to the college fitness trail. Run trail and finish on truck loop.

5K—Start North on Laventure, gradually uphill. Just past mile turn right on connector and then take Martin Rd to trail head for College fitness trail. Follow fitness trail and finish on truck loop.

Directions: Registration and awards take place in the Skagit Valley College gymnasium. The race begins on N. Laventure Road. Skagit Valley College is located at 2405 East College Way, Mount Vernon. From I-5, take Exit 227 (College Way) and head East until you reach the light at N. Laventure Rd. The College is on the corner. Continue straight through the light and look for College parking on the left.



*The Northwest's Premier
Winter Runs*

*Hot soup & snacks and showers, in
warm and cozy college gymnasium*

1/2 Marathon Run
(USA Track & Field Certified)

5K and 10K Runs

Sunday
January 19th, 2020
9:00am

(1/2 Marathon Walkers start at 8:00am)

Skagit Valley College
Mount Vernon, WA



