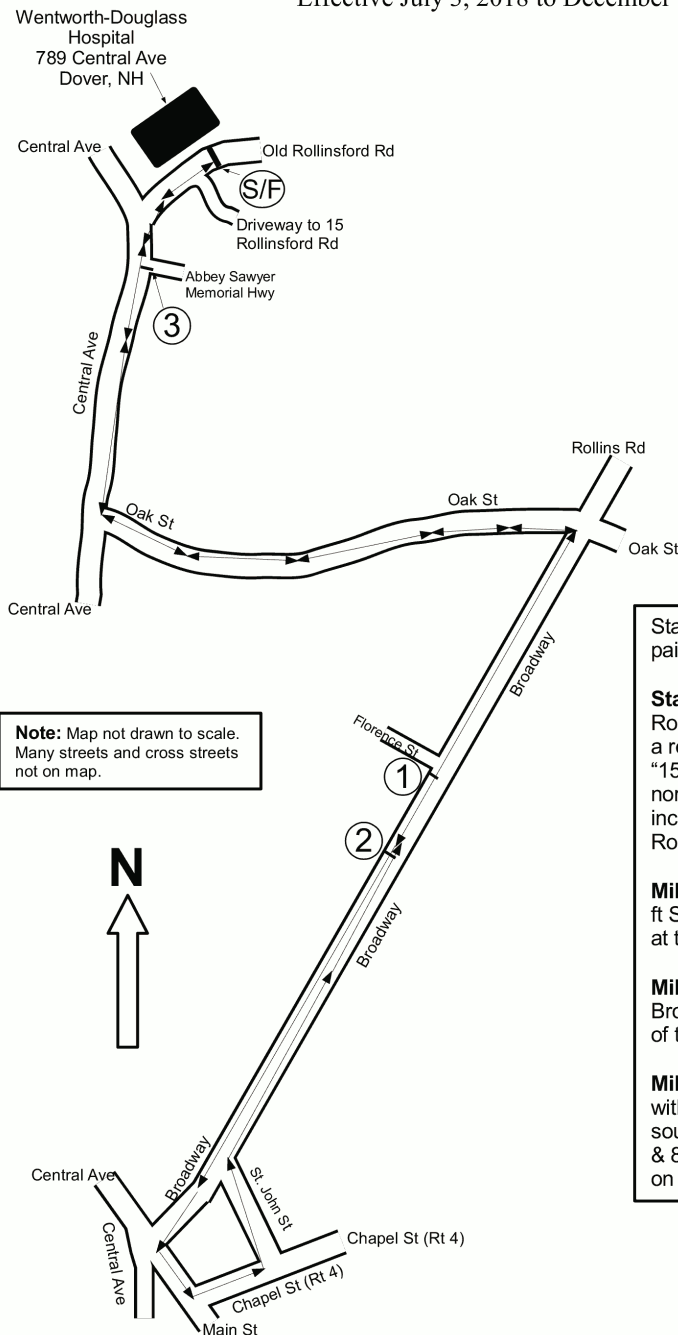


# Seacoast Cancer 5K

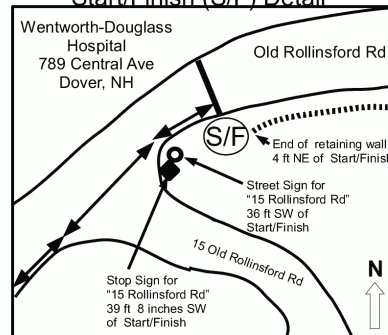
## Dover, New Hampshire

USATF Certificate NH18009BK  
Effective July 3, 2018 to December 31, 2028



**Note:** Map not drawn to scale.  
Many streets and cross streets  
not on map.

### Start/Finish (S/F) Detail



Start/Finish and miles marked with white paint & P-K Nails (UP = Utility Pole).

**Start/Finish:** On southeast side of Old Rollinsford Rd 4 ft SW of the south end of a retaining wall in the grass, 36 ft NE of "15 Old Rollinsford Rd" street sign on northeast corner of intersection, & 39 ft 8 inches NE of Stop Sign for 15 Old Rollinsford Rd.

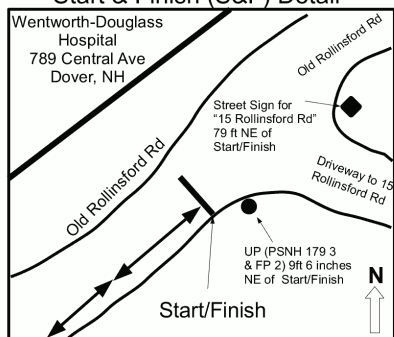
**Mile 1:** On northwest side of Broadway 14 ft SW of Florence St/Broadway street sign at the south corner of the intersection.

**Mile 2:** On the northwest side of Broadway even with the northwest corner of the driveway for 84 Broadway.

**Mile 3:** On east side of Central Ave even with waterline metal cap in the road at the south side of Abbey Sawyer Memorial Hwy & 8 ft N of Utility Pole 1 56 230 23/46 FP on south corner of intersection.

Measured June 19, 2018  
By Bob Kennedy  
Oyster River Running Company  
osprey02554@yahoo.com  
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# Start & Finish (S&F) Detail



## Seacoast Cancer 5K Dover, New Hampshire



USATF Certificate NH17010BK  
Effective July 17, 2017 to December 31, 2027

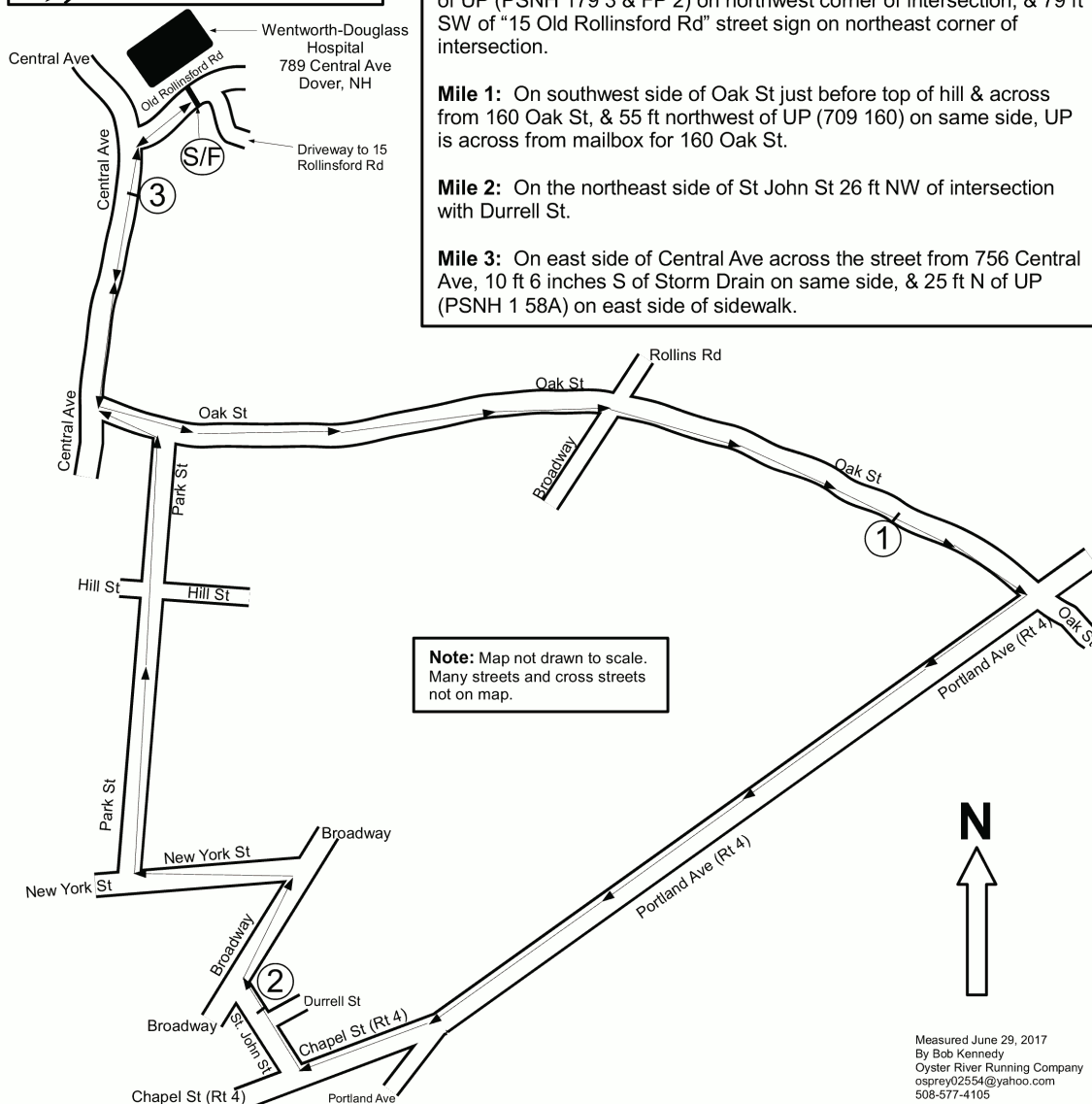
Start /Finish and miles marked with Yellow Paint & P-K Nails (UP = Utility Pole).

**Start/Finish:** On southeast side of Old Rollinsford Rd 9 ft 6 inches W of UP (PSNH 179 3 & FP 2) on northwest corner of intersection, & 79 ft SW of "15 Old Rollinsford Rd" street sign on northeast corner of intersection.

**Mile 1:** On southwest side of Oak St just before top of hill & across from 160 Oak St, & 55 ft northwest of UP (709 160) on same side, UP is across from mailbox for 160 Oak St.

**Mile 2:** On the northeast side of St John St 26 ft NW of intersection with Durrell St.

**Mile 3:** On east side of Central Ave across the street from 756 Central Ave, 10 ft 6 inches S of Storm Drain on same side, & 25 ft N of UP (PSNH 1 58A) on east side of sidewalk.



Measured June 29, 2017  
By Bob Kennedy  
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# York Days 5K

## York, Maine

USATF Certificate ME19002BK  
Effective April 10, 2019 to December 31, 2029

Start & Finish and miles marked with white paint & P-K Nails (UP = Utility Pole).

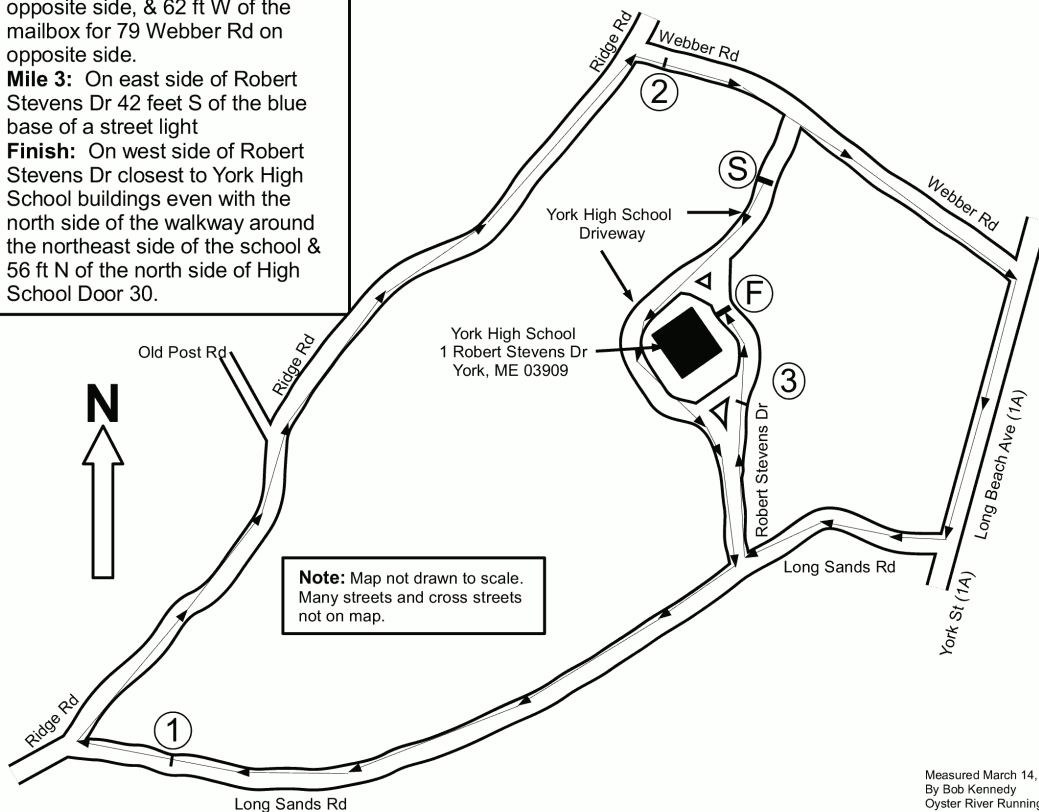
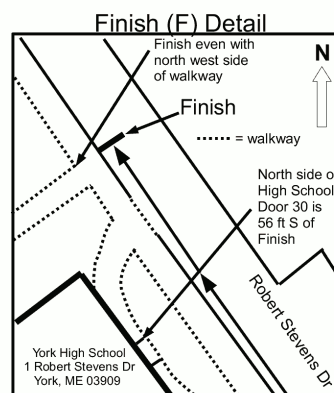
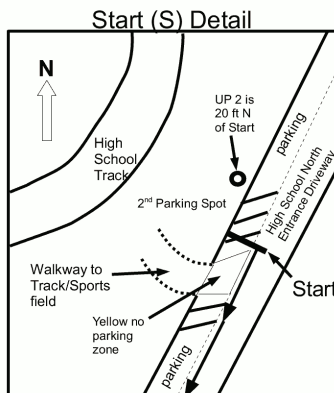
**Start:** On west side of York High School north entrance driveway 20 ft 3 inches S of UP 2, at beginning of 2<sup>nd</sup> parking space N of yellow bordered No Parking lines at walkway to the Track/Sports field.

**Mile 1:** On north side of Long Sands Rd between 166 Long Sands Rd and the York Town Farm, & 25 ft W of UP 38 38.

**Mile 2:** On the south side of Webber Rd 6 ft E of UP 15 on opposite side, & 62 ft W of the mailbox for 79 Webber Rd on opposite side.

**Mile 3:** On east side of Robert Stevens Dr 42 feet S of the blue base of a street light

**Finish:** On west side of Robert Stevens Dr closest to York High School buildings even with the north side of the walkway around the northeast side of the school & 56 ft N of the north side of High School Door 30.



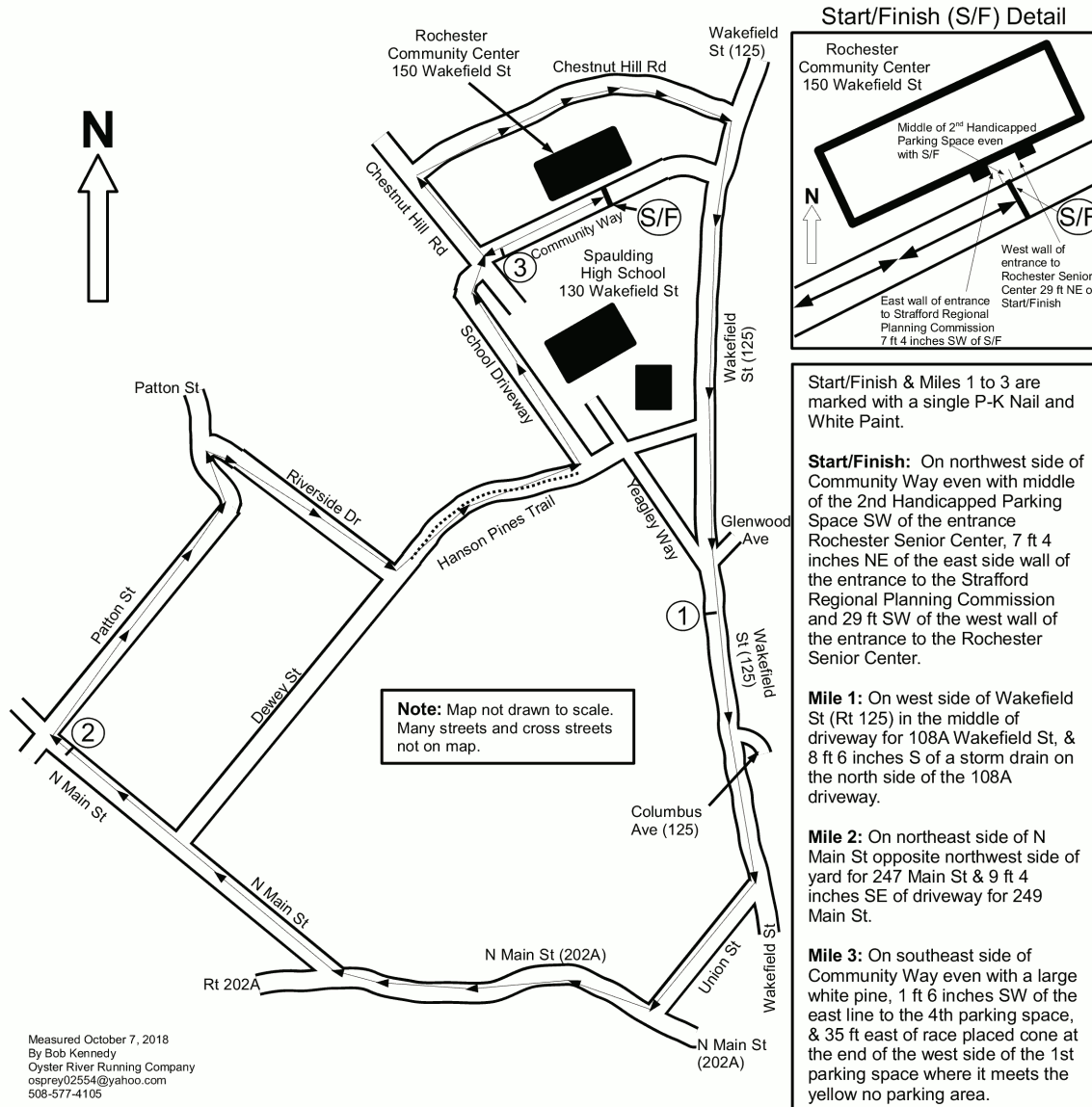
Measured March 14, 2019  
By Bob Kennedy  
Oyster River Running Company  
osprey02554@yahoo.com  
508-577-4105

# James W. Foley Freedom Run/Walk 5K

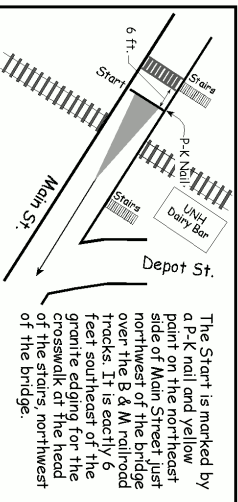
## Rochester, New Hampshire



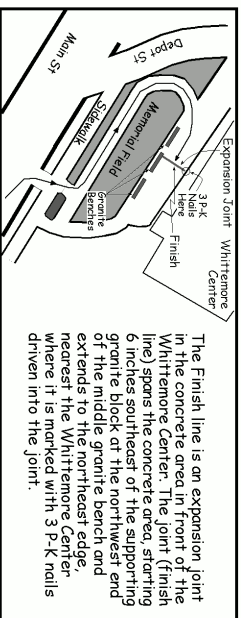
USATF Certificate NH18016BK  
Effective October 9, 2018 to December 31, 2028



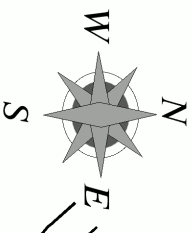
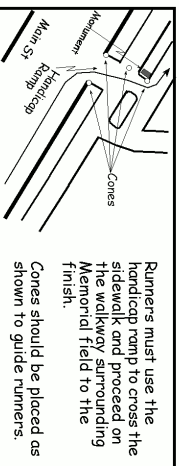
## Start Line Details



## Finish Line Details

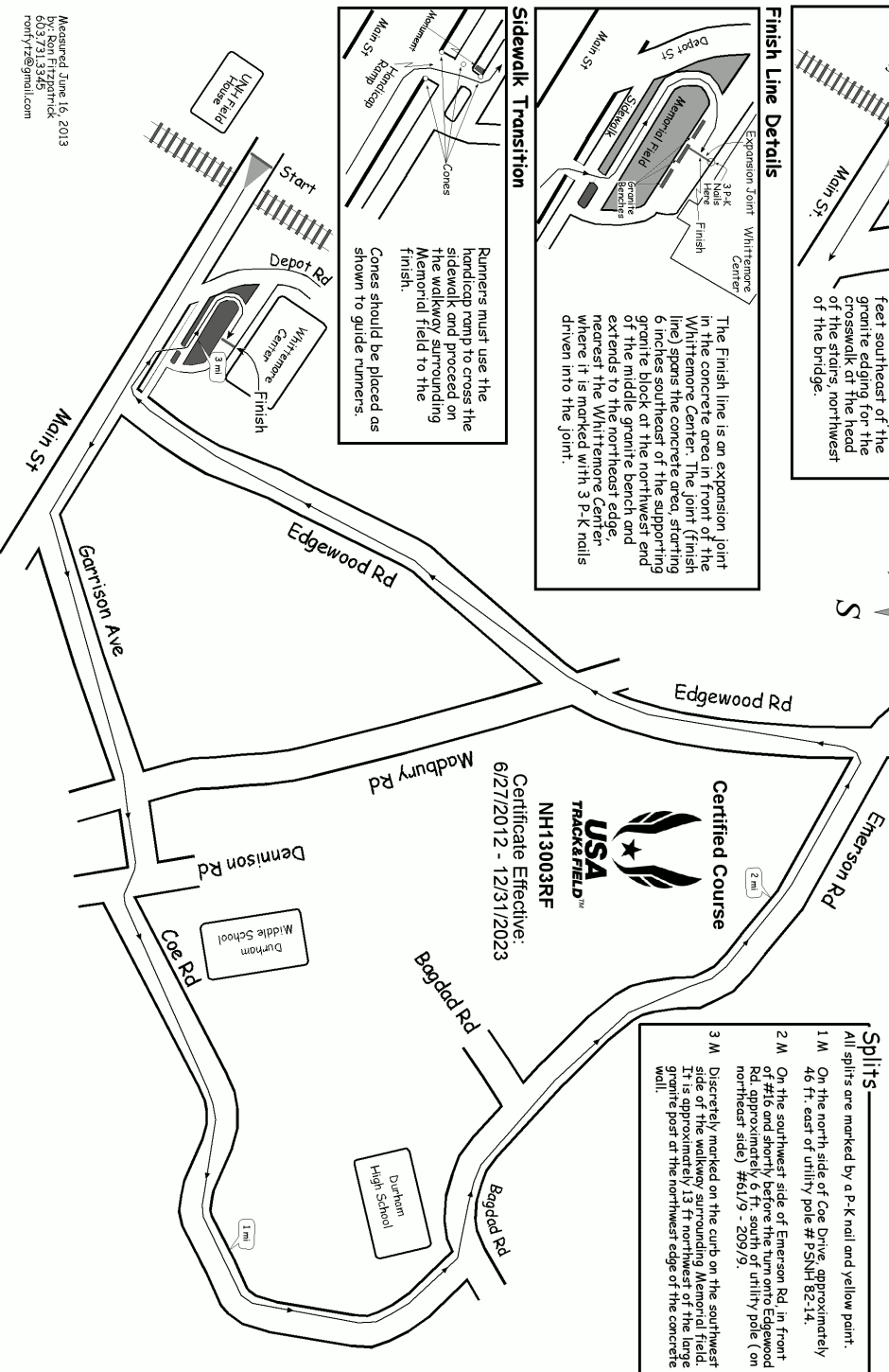


## Sidewalk Transition



# UNH Homecoming 5K Road Race

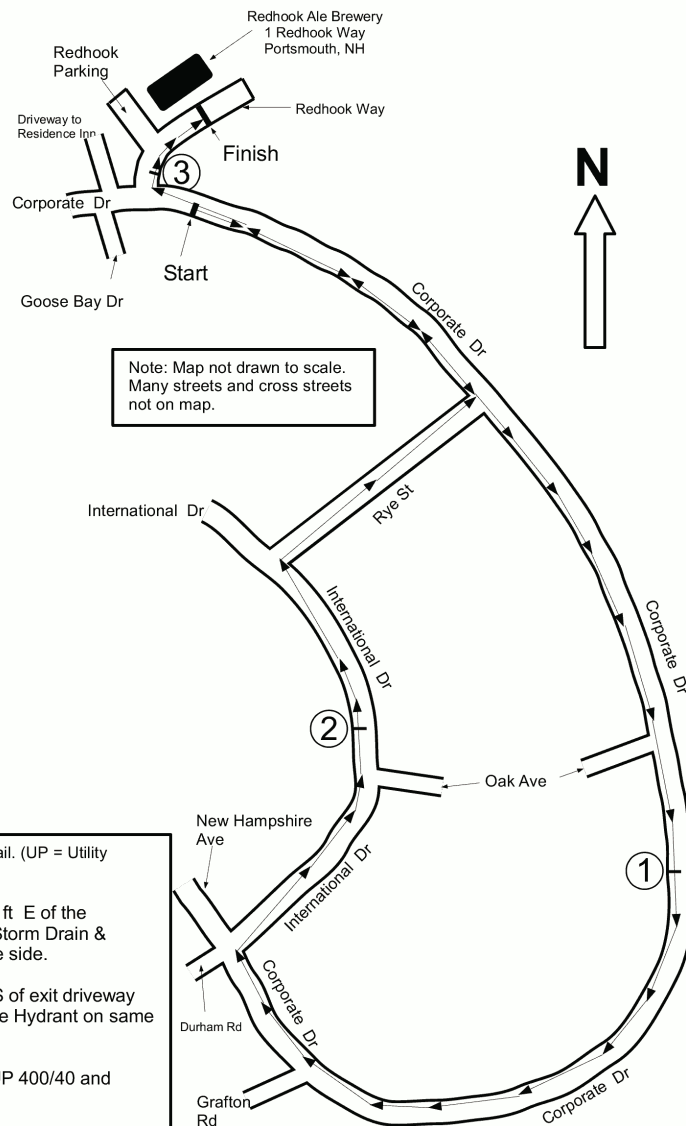
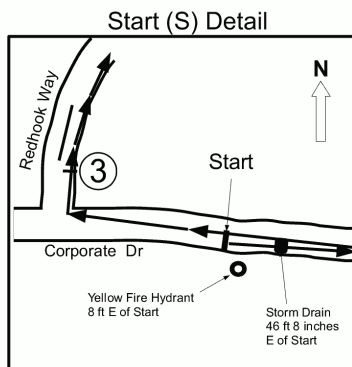
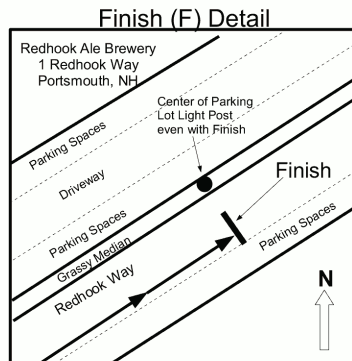
Durham, New Hampshire



# Runner's Alley Redhook Memorial 5K

## Portsmouth, New Hampshire

USATF Certificate NH18001BK  
Effective March 23, 2018 to December 31, 2028



Start, Finish, & Miles with white spot of paint and a P-K nail. (UP = Utility Pole).

**Start:** On south side of Corporate Drive about 180 ft E of the Redhook Brewery entrance, 46 ft 8 inches W of a Storm Drain & about 8 ft W of a yellow Fire Hydrant, both on same side.

**Mile 1:** On west side of Corporate Dr about 155 ft S of exit driveway for 230 Corporate Dr & about 42 ft S of a Yellow Fire Hydrant on same side.

**Mile 2:** On west side of International Dr 23 ft N of UP 400/40 and opposite driveway to 183 - 185 International Dr.

**Mile 3:** On east side of entrance to the Redhook Brewery on Redhook Way 30 ft N of the north granite post of the Redhook Brewery sign.

**Finish:** On southeast side of Redhook Way on the southeast side of the Brewery centered on the middle Parking Lot Light Post on the northwest side of Redhook Way in the grassy median.

Measured March 20 & 21, 2018  
By Bob Kennedy  
Oyster River Running Company  
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