

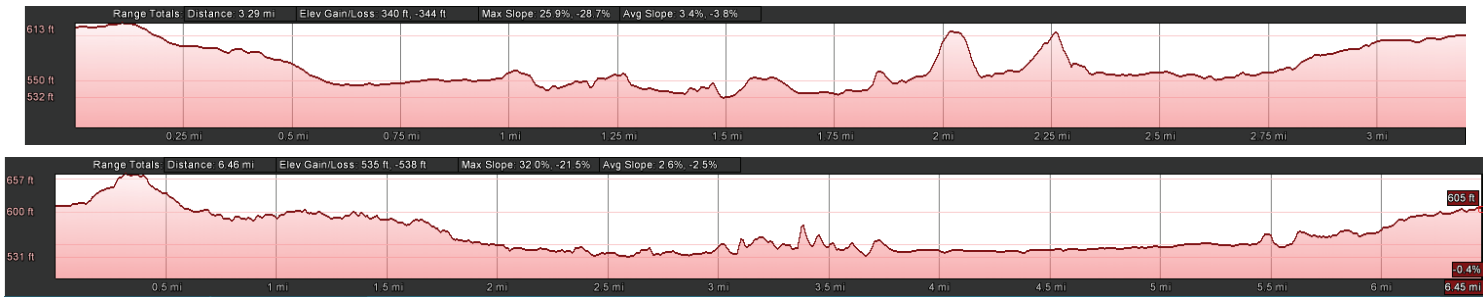


Fort Worth, Texas

- 10K Course
- 5K Course
- Direction of Course
- Mile Markers
- START Starting line
- FINISH Finish line
- Streets
- River
- Parks
- Points of interest for location reference

Please note mile markers are approximate.





10K Pace Guide

Pace (minutes per mile)	Start	Mile 1 100 Linden Ln.	Mile 2 800 N. Bailey Ave.	Mile 3 Rockwood Park Dr. (east of asphalt & limestone split)	Mile 4 N. Foch St. (south of Cullen St.)	Mile 5 Foch St. (south of Morton St.)	Mile 6 Harley Ave. (west of Trail Dr.)	Finish Line	Total Time
5:00	7:00 AM	7:05 AM	7:10 AM	7:15 AM	7:20 AM	7:25 AM	7:30 AM	7:31 AM	0:31
6:00		7:06 AM	7:12 AM	7:18 AM	7:24 AM	7:30 AM	7:36 AM	7:37 AM	0:37
7:00		7:07 AM	7:14 AM	7:21 AM	7:28 AM	7:35 AM	7:42 AM	7:43 AM	0:43
8:00		7:08 AM	7:16 AM	7:24 AM	7:32 AM	7:40 AM	7:48 AM	7:49 AM	0:49
9:00		7:09 AM	7:18 AM	7:27 AM	7:36 AM	7:45 AM	7:54 AM	7:55 AM	0:56
10:00		7:10 AM	7:20 AM	7:30 AM	7:40 AM	7:50 AM	8:00 AM	8:01 AM	1:02
11:00		7:11 AM	7:22 AM	7:33 AM	7:44 AM	7:55 AM	8:06 AM	8:07 AM	1:08
12:00		7:12 AM	7:24 AM	7:36 AM	7:48 AM	8:00 AM	8:12 AM	8:13 AM	1:14
13:00		7:13 AM	7:26 AM	7:39 AM	7:52 AM	8:05 AM	8:18 AM	8:19 AM	1:21
14:00		7:14 AM	7:28 AM	7:42 AM	7:56 AM	8:10 AM	8:24 AM	8:25 AM	1:27
15:00		7:15 AM	7:30 AM	7:45 AM	8:00 AM	8:15 AM	8:30 AM	8:31 AM	1:33
18:00		7:18 AM	7:36 AM	7:54 AM	8:12 AM	8:30 AM	8:48 AM	8:49 AM	1:52
20:00	7:20 AM	7:40 AM	8:00 AM	8:20 AM	8:40 AM	9:00 AM	9:01 AM	2:04	

Adults 5K Pace Guide

Pace (minutes per mile)	Start	Mile 1 Foch St. (@ Trinity Park Dr.)	Mile 2 Rock Springs Rd. (west of University)	Mile 3 Harley Ave. (east of Gendy St.)	Finish Line	Total Time
5:00	8:30 AM	8:35 AM	8:40 AM	8:45 AM	8:46 AM	0:16
6:00		8:36 AM	8:42 AM	8:48 AM	8:49 AM	0:19
7:00		8:37 AM	8:44 AM	8:51 AM	8:52 AM	0:22
8:00		8:38 AM	8:46 AM	8:54 AM	8:55 AM	0:25
9:00		8:39 AM	8:48 AM	8:57 AM	8:58 AM	0:28
10:00		8:40 AM	8:50 AM	9:00 AM	9:01 AM	0:31
11:00		8:41 AM	8:52 AM	9:03 AM	9:04 AM	0:34
12:00		8:42 AM	8:54 AM	9:06 AM	9:07 AM	0:37
13:00		8:43 AM	8:56 AM	9:09 AM	9:10 AM	0:40
14:00		8:44 AM	8:58 AM	9:12 AM	9:13 AM	0:43
15:00		8:45 AM	9:00 AM	9:15 AM	9:17 AM	0:47
18:00		8:48 AM	9:06 AM	9:24 AM	9:26 AM	0:56
20:00	8:50 AM	9:10 AM	9:30 AM	9:32 AM	1:02	

Kids 5K Pace Guide

Pace (minutes per mile)	Start	Mile 1 Foch St. (@ Trinity Park Dr.)	Mile 2 Rock Springs Rd. (west of University)	Mile 3 Harley Ave. (east of Gendy St.)	Finish Line	Total Time
5:00	9:30 AM	9:35 AM	9:40 AM	9:45 AM	9:46 AM	0:16
6:00		9:36 AM	9:42 AM	9:48 AM	9:49 AM	0:19
7:00		9:37 AM	9:44 AM	9:51 AM	9:52 AM	0:22
8:00		9:38 AM	9:46 AM	9:54 AM	9:55 AM	0:25
9:00		9:39 AM	9:48 AM	9:57 AM	9:58 AM	0:28
10:00		9:40 AM	9:50 AM	10:00 AM	10:01 AM	0:31
11:00		9:41 AM	9:52 AM	10:03 AM	10:04 AM	0:34
12:00		9:42 AM	9:54 AM	10:06 AM	10:07 AM	0:37
13:00		9:43 AM	9:56 AM	10:09 AM	10:10 AM	0:40
14:00		9:44 AM	9:58 AM	10:12 AM	10:13 AM	0:43
15:00		9:45 AM	10:00 AM	10:15 AM	10:17 AM	0:47
18:00		9:48 AM	10:06 AM	10:24 AM	10:26 AM	0:56
20:00	9:50 AM	10:10 AM	10:30 AM	10:32 AM	1:02	