





Humana
Rock n' Roll
HALF MARATHON
VIRGINIA BEACH

SATURDAY, SEPTEMBER 1, 2018
 5K START TIME: 7:00 AM
 1 MILE START TIME: 8:30 AM

-  5K COURSE
-  MILE ON THE SAND COURSE
-  WATER STATION
-  RESTROOM

SUBJECT TO CHANGE



START

1MI FINISH

1MI START

FINISH