

2025 MEGHAN'S RUN 5K COURSE DESCRIPTION

Mileage	First Runner @ 5 mins/mile	Last Walker @ 20 mins/mile	Turn Description	Elevation Information	Comments
0.00	8:00:00 AM	8:02:00 AM	Start on brick surface at corner of Ocean St & South St above Michael K Aselton Memorial Park	16 ft above sea level (ASL)	Slight turn to left as participants cross Start/Finish line onto Ocean St.
1.10	8:05:30 AM	8:24:00 AM	Continue straight on Ocean St to Kalmus Beach and then turn left into beach parking lot	Initial descent with slight ascent at 0.2 M, then gradual decent to Kalmus Beach at sea level	Stay left entering beach lot & follow cones in clockwise direction around lot (counter to normal vehicle direction)
1.03	8:06:30 AM	8:28:00 AM	Exit Kalmus Beach parking lot and continue straight onto Hawes Ave.	At or near sea level while on Hawes	Stay left of cone line when exiting beach lot to avoid runners entering lot
1.60	8:08:00 AM	8:34:00 AM	Turn right onto Estey Ave.	Slight ascent approaching Estey Ave on Hawes Ave.	Water stop on left as runners turn right onto Estey Ave
1.80	8:09:00 AM	8:38:00 AM	Turn left onto Gosnold St.	No significant elevation change on Estey Ave.	
2.00	8:10:00 AM	8:40:00 AM	Turn right onto Old Colony Rd.	Slight ascent on Gosnold on approach to Old Colony Rd.	Beginning of final 1.1 M to Finish
3.00	8:15:00 AM	9:00:00 AM	Turn right onto Old Colony Rd and cross over Ocean St	No significant elevation change on Old Colony Rd.	Prepare to reenter Michael K Aselton Memorial Park
3.10	8:15:30 AM	9:02:00 AM	Finish on brick surface at corner of Ocean St and South St. above Michael K Aselton Memorial Park	Slight rise from Ocean St onto brick paved area	FINISH!