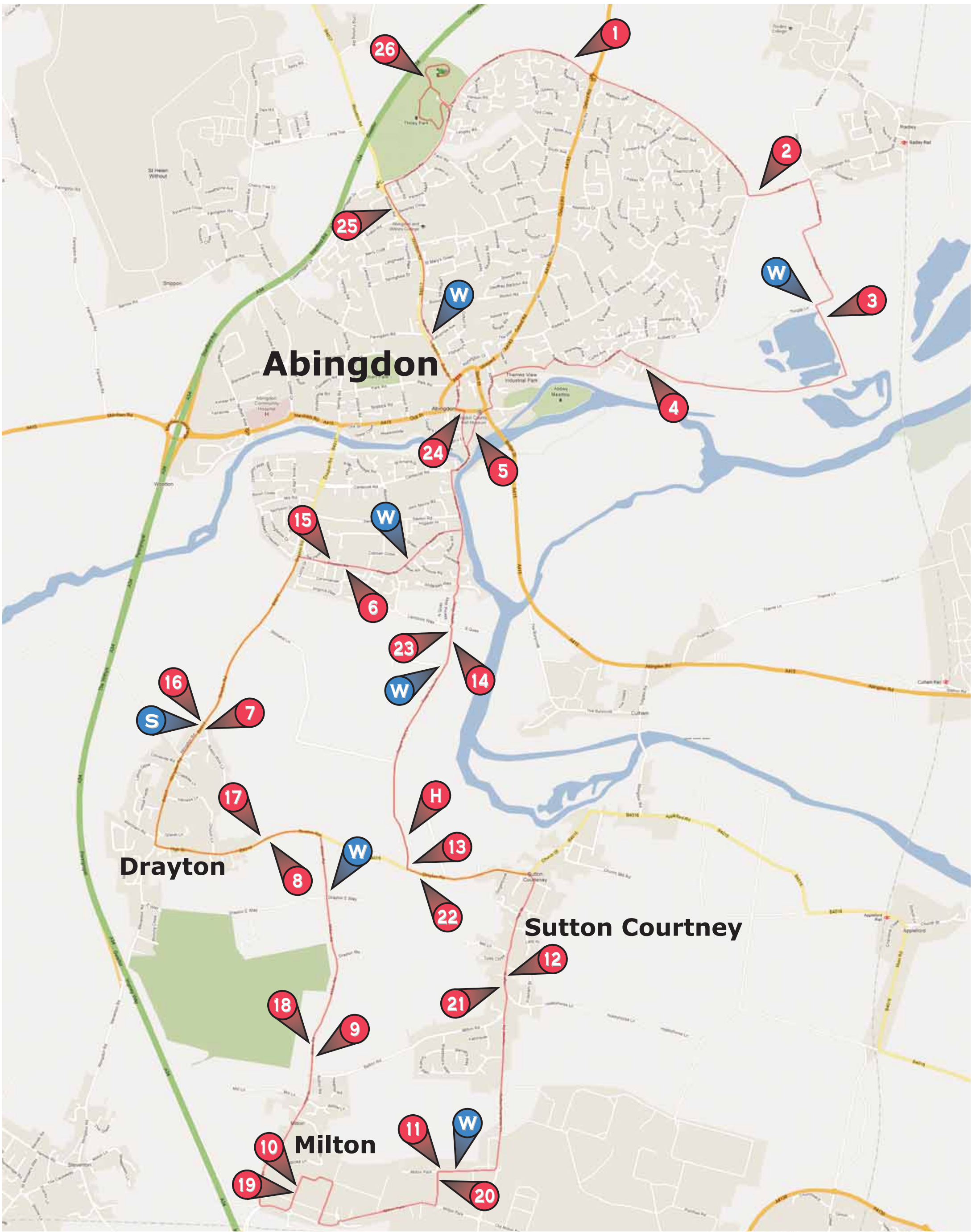


2011 ABINGDON MARATHON COURSE MAP



COURSE PROFILE



Mile Markers

max height: 240ft
min height: 167ft
total asc: 410ft
total desc: 410ft



Sponge & Water Stations

