

Course Elements		RnR Los Angeles 2017
<u>Water Stations</u>	<u>Mile</u>	<u>Location</u>
Water	1.6	Figueroa & McCarthy Way
Water & Gatorade	3.2	SB Figueroa north of MLK
Water	4.8	Fig & W 22nd St
Water & Gatorade	6.2/ 12.5	Fig north of 7th
Water	8/ 10.9	Wilshire & Hoover
Water & Gatorade	9.4	Wilshire & Serrano

<u>Medical</u>	<u>Mile</u>	<u>Location</u>
Med	1.5/4.0	Figueroa & Jefferson- Galen Center
Med	7.1/11.8	Wilshire Blvd & Union Ave
Med	8.7/10.2	Wilshire & Catalina- south side

<u>Bands</u>	<u>Mile</u>	<u>Location</u>
B1/5	.8/4.7	Fig & W 23rd St
B2/4	1.8/ 2.8/ 3.7	Fig & Expo
B3	3.3	Figueroa north of MLK
B6/14	6.6/ 12.5	Wilshire Blvd & Francisco St
B7/B13	7.1/11.9	Wilshire Blvd btwn Union & Little St
B8/B12	8/ 10.9	Wilshire Blvd & S Hoover St
B9/B11	8.8/10	Wilshire Blvd & S. Alexandria Ave
B10	9.5	Wilshire btw Serrano & Oxford- n side by Chase