

HOT Chocolate

RAM Racing Series 15k/5k

Atlanta, GA
January 24, 2016



5K COURSE

15K COURSE

★ START

★ FINISH

WATER STATION

-Medical, Toilets, Water, Sweet Treats

WATER/nuun STATIONS

-Medical, Toilets, Nuun, Water, Sweet Treats

1 5K MILE MARKER

1 15K MILE MARKER

WAVE 1: 7:40 AM

WAVE 2: 8:25 AM

SWEET STATIONS:

- Strawberry Marshmallow
- Chocolate Marshmallow
- Chocolate Chips
- Tootsie Roll

