



# Kennebec Valley YMCA Splash N' Dash

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

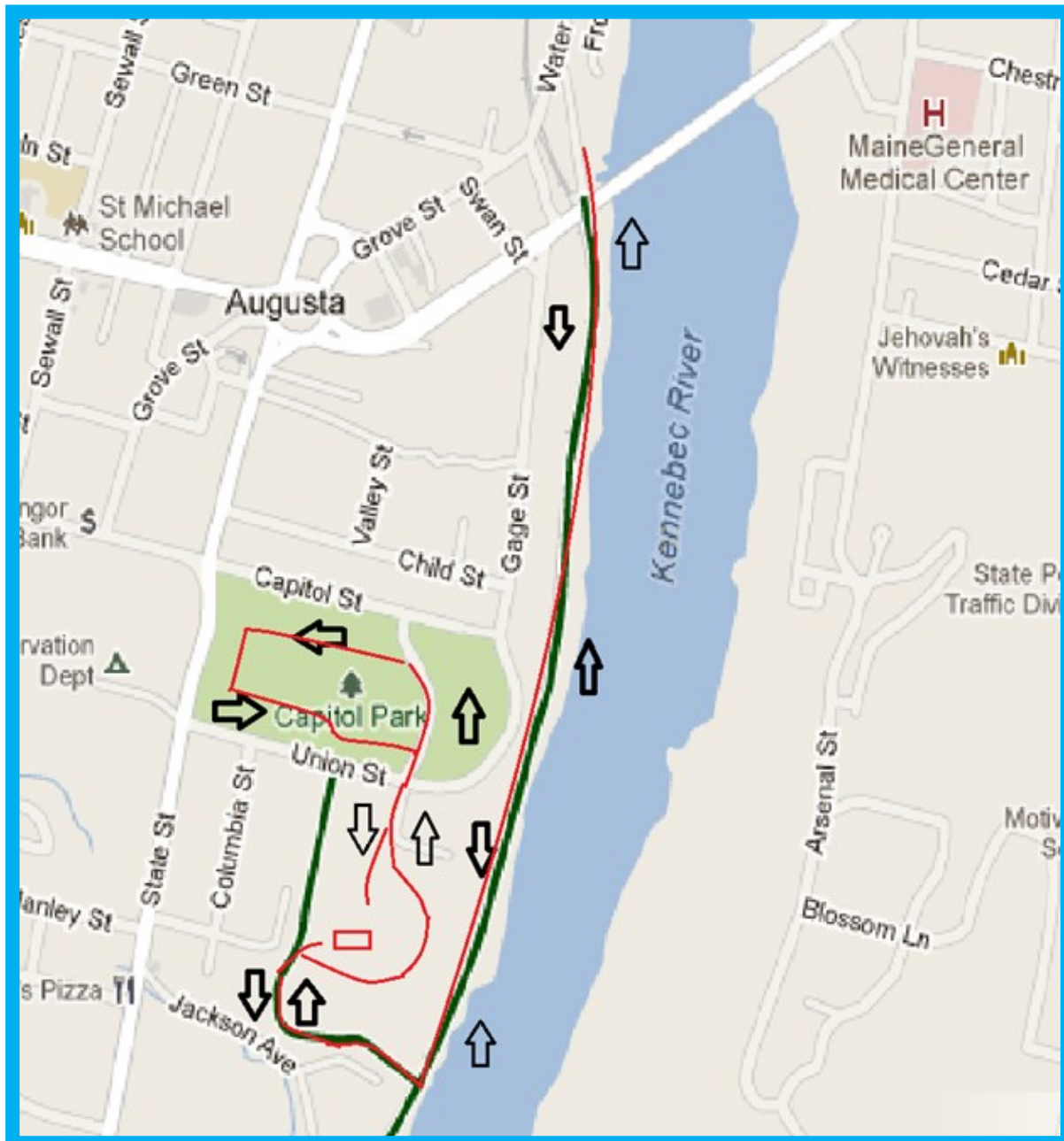
425 Yards Swim | 5K Run

August 11th 2018



**Saturday, August 11th, 2018, 8am**  
At The Kennebec Valley YMCA, 31 Union St., Augusta, ME

## Run Route Map (3.1 Miles)





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Exit the transition area

Run south on the YMCA rail trail connector

Turn left onto the Kennebec River Rail Trail

Run north through the Maine Housing Authority parking lot to the turnaround

Return to the YMCA via the rail trail and connector

Follow signs and cones leading you around the rear of the YMCA

Follow signs and cones leading you out of the YMCA access road to Capitol Park

Follow signs and cones leading you around trails at the outskirts of (but inside) Capitol Park

Follow signs and cones to return to the YMCA and the finish line