

**9th Annual Hook and Ladder Run
5 and 10K Course Map**

Feb 27, 2011 3:18 pm



Livermore-Pleasanton Firefighters Foundation

9th Annual Hook and Ladder 5K Run/walk and 10K Run Map

**Both races start and finish at Wentle Vineyards and run through Sycamore Grove Park
The 5K and 10K will start at 8:00 a.m.**

5K Course

The 5K is a run/walk that is 50% paved and 50% dirt road and is stroller friendly
The mile markers are signified by [Blue Flags on this map 1,2,3](#) and will be marked with signs the day of the run
There is one Aid Station (Aid Station 2) for the 5K participants with water and electrolyte drink located at about 1.5 miles
The entire course is very flat with just over 100 feet of elevation change (up and down)
We ask that slower runners and walkers be cognizant of faster runners/racers
Please no dogs

10K Course

The 10K is 90% dirt road and 10% paved road. Strollers are not allowed in the 10K.
The mile markers are signified by [Red Pointer Dots with the mile number in the center on this map 1,2,3,4,5,6](#)
and will be marked with signs the day of the run
There are two Aid Stations for the 10K participants with water and electrolyte drink
1 At about 2.5 miles restrooms are located hear also
2 At about 4.75 miles
The course is relatively flat with only one hill between mile 3 and 4 the total elevation change is just less than 500 feet
We ask that slower runners be cognizant of faster runners/racers
Please no dogs

Kids One Mile Fun Run

The Kids 1 Mile Fun Run (for ages 12 & under) will take place at Wentle Vineyards at 9:30 a.m.
The Course travels in an open space right between the vineyards
We welcome first time runners at any age
Parents are welcome to run with their children