

Leg One: 6.25 miles Start to Brenton Point State Park

The first relay leg is 6.25 miles and starts in historic downtown Newport on Long Wharf directly behind the Newport Visitors Center. The mostly flat leg runs down quaint Thames St. before turning onto Wellington Avenue where runners get a southerly view of Newport Harbor. At 2.5 miles, the course heads into Fort Adams for a brief loop along the water museum fortress. The last few miles of leg one traverse rural Ridge road and scenic Ocean Drive before the 1st handoff at Brenton State Park.

Leg 2: 6.85 miles Brenton St. Park to Easton's Beach

The second leg is 6.85 miles and starts at Brenton State Park overlooking the Atlantic Ocean and Narragansett Bay. The relay legs covers the gently rolling hills of Ocean Drive as it follow the coastline to Bellevue Avenue. Runners pass by the world famous Newport Mansions on Bellevue Avenue before turning into Salve Regina University adjacent to the Cliff Walk and the Breakers Mansion. After a final turn onto Memorial Boulevard, runners are rewarded to a long downhill before the handoff at Easton's Beach.

Leg 3: 4.25 miles Easton's Beach to corner of Sachuest Point Rd and Hanging Rock Rd.

The third relay leg is 4.25 miles and begins at bustling Easton's Beach, where the City of Newport meets the seaside burgh of Middletown. A turn onto Tuckerman Avenue leads to a gradual rise before feeding back onto Purgatory Road and a sharp downhill to Sachuest Beach. The remaining portion of this leg are all flat and run along the Sachuest Beach and the Sachuest Point Wildlife Refuge before the exchange point at the Hanging Rock Road gazebo.

Leg 4: 5.25 miles Corner of Sachuest and Hanging Rock to Vaucuse/Indian Ave Intersection

The fourth leg is 5.25 miles and runs along the Norman Bird Sanctuary and the Sakonnet River. This leg runs mostly on Indian Avenue where you will briefly get to run in the Town of Portsmouth and then be able to declare that you've run the entire Aquidneck Island. As you make your way back down Indian Avenue, your last handoff will be next to St. Columbus Church on the corners of Vaucuse Avenue and Indian Avenue.

Leg 5: 3.6 miles Vaucuse/Indian Ave Intersection to Finish line

The fifth and final leg will be a sprint to the finish. With a little more than 5k to go to the finish, the last runner will be faced with a challenging hill to start their leg and end with a sprint down Tuckerman Avenue to the beachside finish back at Easton's Beach.