LAKELAND RUNNERS CLUB

TRAFFIC GUIDE

LAKE TO LAKE 10K

Saturday, November 7, 2026

ABOUT THIS GUIDE

- The Traffic Guide was developed to help residents better understand the 10k route and road closures in effect.
- If you plan to travel near or through the road closures, check the closure timeline for the day of travel and see what times the roads will close and open.
- When in doubt, assume you won't be able to cross or drive through the course route.

SATURDAY ROAD CLOSURE TIMELINE

SATURDAY, NOVEMBER 7, 2026

NOTE
This guide is for the 10k only. Other streets nearby may be closed by other entities for events or construction.

Race start time is 7:30 AM.

The Lakeland Runners Club uses a rolling course closure to reduce traffic disruptions. Except for the two intersections called out on the map and below, all other intersections will remain closed until after the last runner passes.

East and westbound traffic on Lime St at Iowa Ave and Frank Lloyd Wright at Success Ave will be permitted as police allow. Expect delays.

The chart below provides an timeline for when roads will close, and an estimated time for when they will re-open.

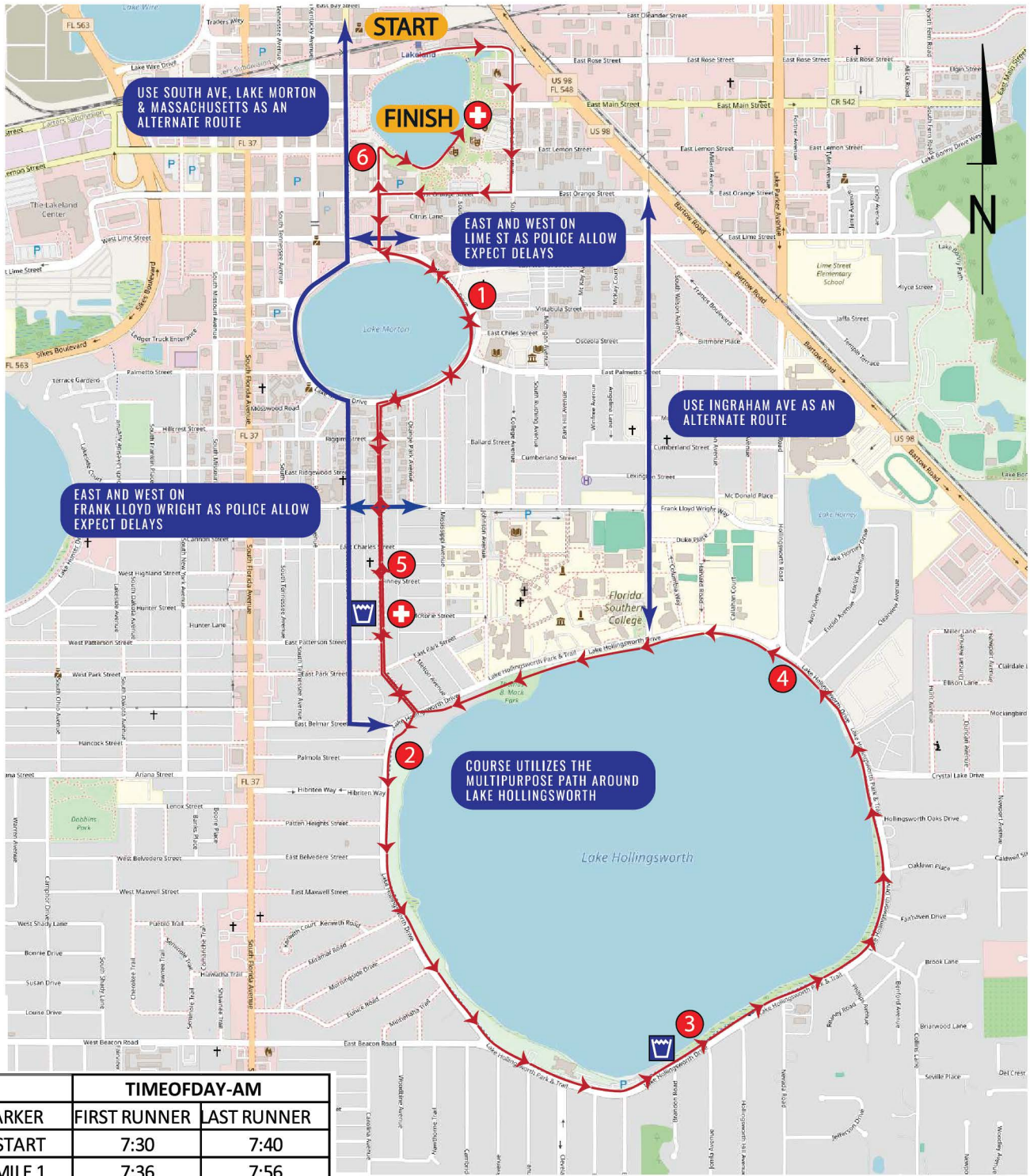
STREET	FROM	TO	LANES CLOSED	CLOSURE BEGINS	RE-OPENS AT
Main St	Massachusetts	Lake Ave	ALL	7:00 AM	8:00 AM
Lake Ave	Rose St	Orange St	ALL	7:1 5 AM	8:00 AM
Orange St	Lake Ave	Iowa Ave	ALL	7:1 5 AM	8:00 AM
Iowa Ave	Lemon St	Lake Morton Dr	ALL	7:1 5 AM	9:30 AM
Lake Morton Dr	Iowa Ave	Success Ave	ALL	7:1 5 AM	9:30 AM
Success Ave	Lake Morton Dr	Lake Hollingsworth Dr	ALL	7:1 5 AM	9:30 AM
Lake Hollingsworth Dr	E Belmar St	Melton Ave	ALL	7:1 5 AM	9:1 5 AM

LAKELAND RUNNERS CLUB

COURSE MAP

SATURDAY, NOVEMBER 7, 2026

USATF Certificate
FL25020JK
Effective: 10/05/2025
Through: 12/31/2035



	TIMEOFDAY-AM	
MARKER	FIRST RUNNER	LAST RUNNER
START	7:30	7:40
MILE 1	7:36	7:56
MILE 2	7:42	8:12
MILE 3	7:48	8:28
MILE 4	7:54	8:44
MILE 5	8:00	9:00
MILE 6	8:06	9:16
FINISH	8:07	9:19

ELEVATION PROFILE



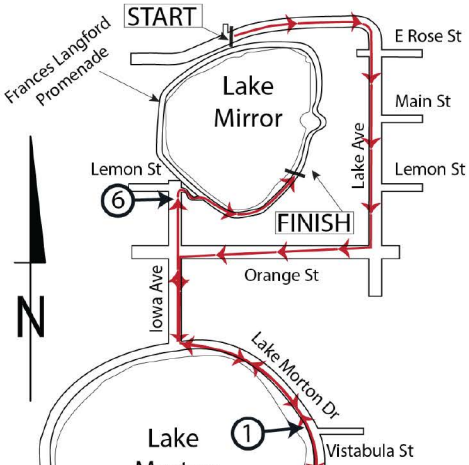
CERTIFIED COURSE MAP

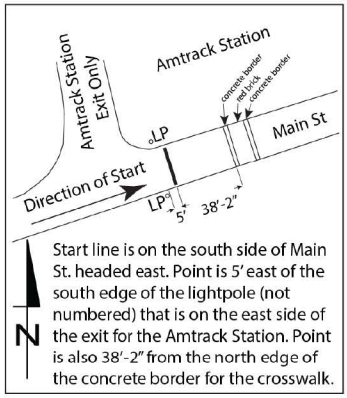
SATURDAY, NOVEMBER 7, 2026

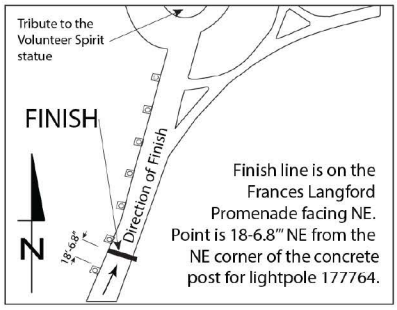
2026 Lake to Lake 10K

Lakeland, FL

this course was measured using the full width of the road and the Shortest Possible Route







KEY POINTS

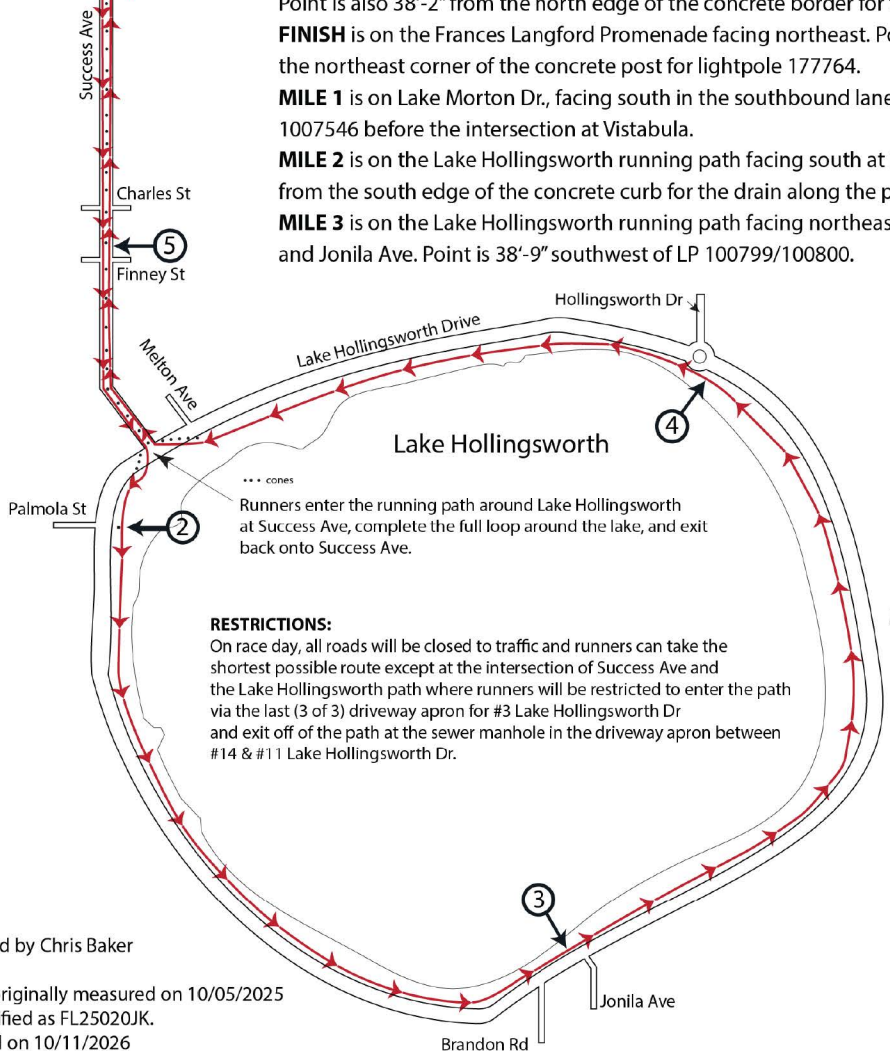
START Start line is on the south side of Main St. headed east. Point is 5' east of the south edge of the lightpole (not numbered) on the east side of the exit for the Amtrack Station. Point is also 38'-2" from the north edge of the concrete border for the crosswalk.

FINISH is on the Frances Langford Promenade facing northeast. Point is 18'-6.8" northeast from the northeast corner of the concrete post for lightpole 177764.

MILE 1 is on Lake Morton Dr., facing south in the southbound lane, 4' south of lightpole 1007546 before the intersection at Vistabula.

MILE 2 is on the Lake Hollingsworth running path facing south at Palmola St. Point is 2' from the south edge of the concrete curb for the drain along the path.

MILE 3 is on the Lake Hollingsworth running path facing northeast between Brandon Rd and Jonila Ave. Point is 38'-9" southwest of LP 100799/100800.



MILE 4 is on the Lake Hollingsworth running path facing northwest at the crosswalk prior to the roundabout. Point is 3'-5" east of lightpole 100503.

MILE 5 is in the northbound lane of Success Ave facing north between Finney St and E Charles St in front of house 954. Point is 18'-6" from the north curb for Finney St.

MILE 6 is on northbound lane of Iowa Ave facing north. Point is 13'-1" south of unnumbered lightpole that is north of the exit for Lakeland utilities exit driveway.

Measured by Chris Baker

Course originally measured on 10/05/2025 and certified as FL25020JK.
Adjusted on 10/11/2026

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