



RUN COURSE

(Sprint 3mi | Olympic 5.5mi)

- Part loop, part out-and-back; All paved roads (no trails)
- See Transition Map for Run Out Flow from Transition - Run right from Transition Area onto Terrace Drive
- Proceed until the road passes a large parking lot on your right - continue straight
- This section is out-and-back
- At intersection with Peavine Falls Road, proceed right to the run turn around, less than 1/4 mile from the turn
- Return from the turn around point and stay left at the intersection with Peavine Falls Road
- Return to the exit from the wooded area and turn left in front of the large parking lot - toward the lake
- Wind around the picnic areas and along the lake
- Take a left between a park restroom & small boat launch area, as the road heads away from the lake.
- The run finishes on a paved running path between the lake and grassy field
- For Olympic Course - when sprint runners go left to finish, Olympic runners continue straight through parking lot back to Terrace Drive, then go right and complete a 2nd loop of the same course, from that point
- Hydro stations with water and Powerade will be staged less than one mile apart throughout the course

