

26.2 RUN COURSE

(4 Lap Course)



COURSE DESCRIPTION

Run Course is out and back on the South Lake Trail. Runners run towards the East and station #2 first, and then run to the West past station #4. 26.2 mile runners will complete four laps of this course.

2.4 Swim 112 Bike 26.2 Run

WATER STATIONS

TURNAROUNDS

- #1 - Waterfront Park
- #2 - SL Trail & Disston
- #3 - Forrestwood & Trail
- #4 - West Beach & Trail

- #1 - Forrestwood & Trail
- #2 - On Trail, less than 100 yards past Dianna PL



PLEASE NOTE: THERE ARE SEPARATE TURNAROUND POINTS FOR THE 26.2 MILE AND 15K COURSES.