



9.3 & 26.2 MILE RUN COURSES

Run Course is out and back on the South Lake Trail. Runners run towards the west and station #5 first.

~ 26.2 mile runners complete 3 laps

~ 15K runners complete one lap

GFT RUN COURSE STATIONS

#1 - Waterfront Park

#2 - SL Trail & Disston:

#3 - SL Trail & Forestwood:

#4 - SL Trail near turnaround:

#5 - West Beach:

