



**15K & 26.2 MILE RUN COURSES**

**Run Course is out and back on the South Lake Trail. Runners start by heading east towards station #2.**

**~ 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:**

