



LEGEND

-  **5k Loop , 8K and 10K First Lap**
-  **8K Last Lap**
-  **10K Last Lap**
-  **Trail Mileage (5k Loop , 8K & 10K First Lap)**
-  **Trail Mileage (8K Last Lap)**
-  **Trail Mileage (10K Last Lap)**
-  **Water Station**

Contour Interval: 10 Feet

**5K LOOP
10K LOOP
[FIRST LAP]** ↶

**10K LOOP
[LAST LAP]** ↷

**ALL RUNNERS
TURN LEFT
[FIRST LAP]
10K TURN
[LAST LAP]** ↶

**8K TURN
10K TURN
[LAST LAP]** ↶

**5K FINISH
10K FINISH
[SECOND LAP]** ↶

**ALL RUNNERS
STAY RIGHT** ↷

**8K TURN
[LAST LAP]** ↷

8K FINISH ↶

**START LINE
FINISH LINE**

0.0 3.1 5.0 6.2