

RUN COURSE MAP



Halfmax Run Course • 13.1 Miles = 2 Laps
Quartermax Run Course • 6.5 Miles = 1 Lap
Sprint Course - 3 Miles = 1 Lap

Revision Date - 7/21/10
NOT TO SCALE

AID STATION PLACEMENT

There will be four aid stations on the run course. Participants will hit each of them twice on each lap. Each aid station will have the minimum: water, ice, Heed, Endurolytes, HammerGel, soda, fruit, cookies and light first aid. The run course is on flat smooth pavement with no significant elevation gain. The course is partially shaded.

- Aid Station #1 - Transition Area - Long Course (Halfmax) Turn Around Point ---- Mile 6.5 ---- Mile 13
- Aid Station #2 - Mile 1 ---- Mile 5.5 ---- Mile 7.5 ---- Mile 12
- Aid Station #3 - Mile 2 ---- Mile 4.5 ---- Mile 8.5 ---- Mile 11
- Aid Station #4 - Turn Around Point - Mile 3.25 ---- Mile 9.75

Approximate 3.25 Mile Long & Intermediate Course Turn Around Point

Approximate 1.5 Mile Sprint Course Turn Around Point

Paved Trail Access Running Alongside Highway 17