

HALF RUN COURSE

13.1 miles (3 lap course)

Elevation gain 495ft

Aid stations at miles:

0.1 1.3 3.3 5.5 7.7 8.7 9.9 11.8 13

Please note:

The Olympic turns around before you at Gedney creek. You turn around after the cemetery. They do 2 out-and-backs, you do 3. Please pay close attention to signage as you run so you complete the whole course.

