

OLYMPIC & 5K RUN COURSE

6.2 miles (2 lap course)

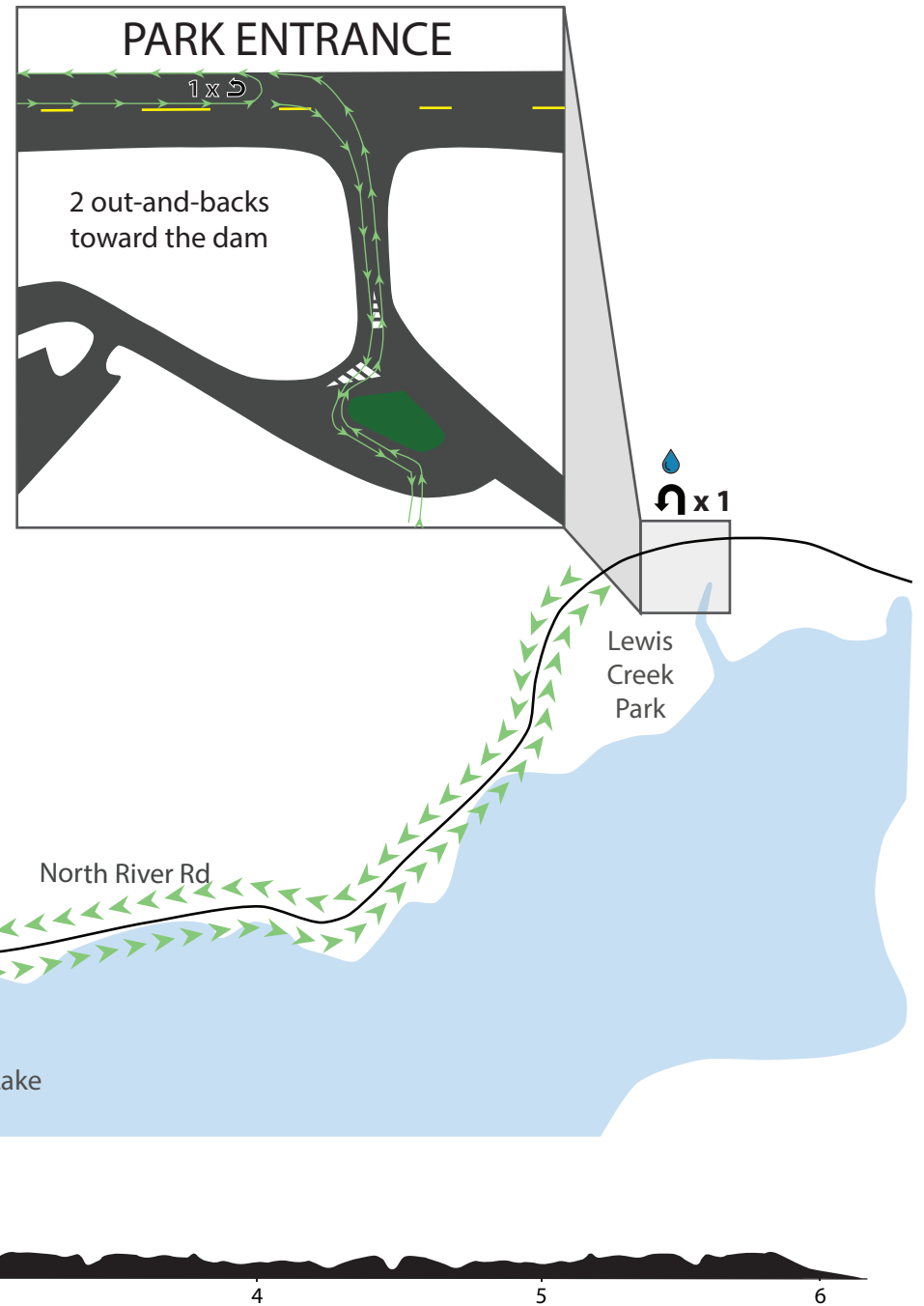
Elevation gain 224ft

Aid stations at miles:

0.1 1.3 1.9 3.1 4.2 4.9 6.1

Please note:

The Half Iron continues on beyond your turn around point, past the cemetery. They do 3 out-and-backs, you only do 2. Please pay close attention to signage as you run.



Elevation (ft)

800
700
600

1

2

3

4

5

6

Distance (miles)