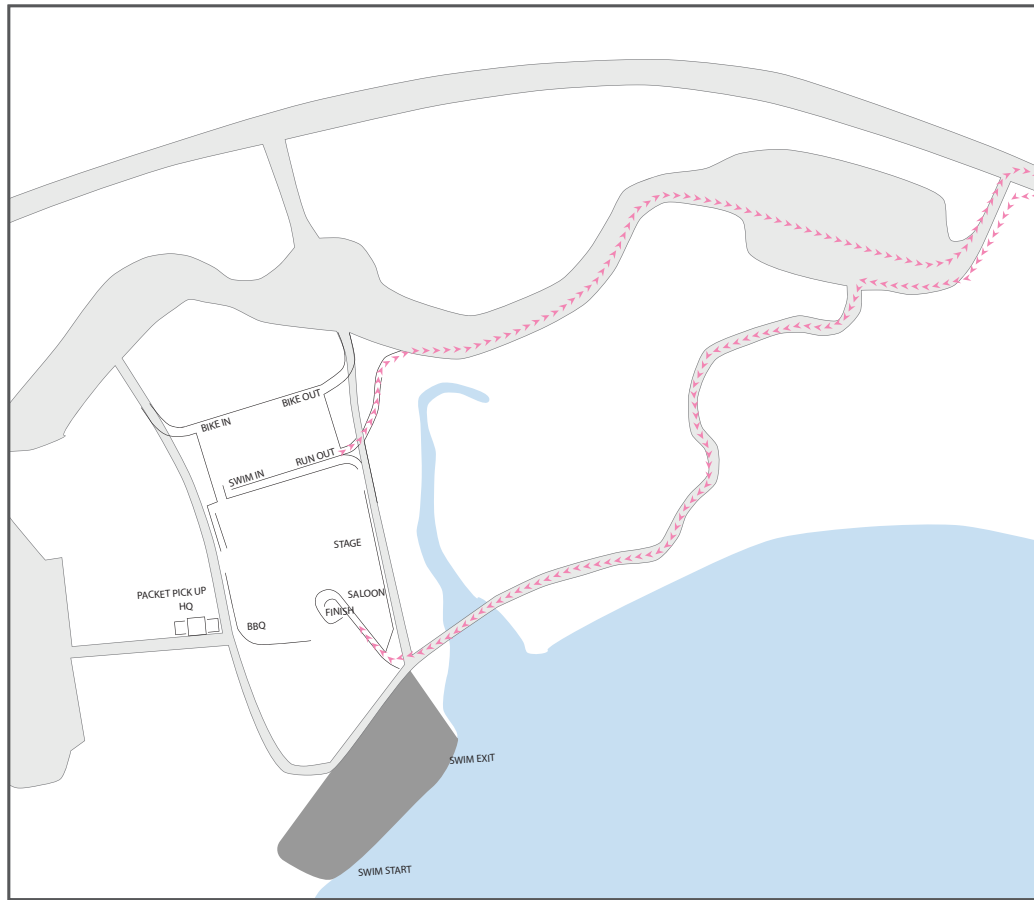


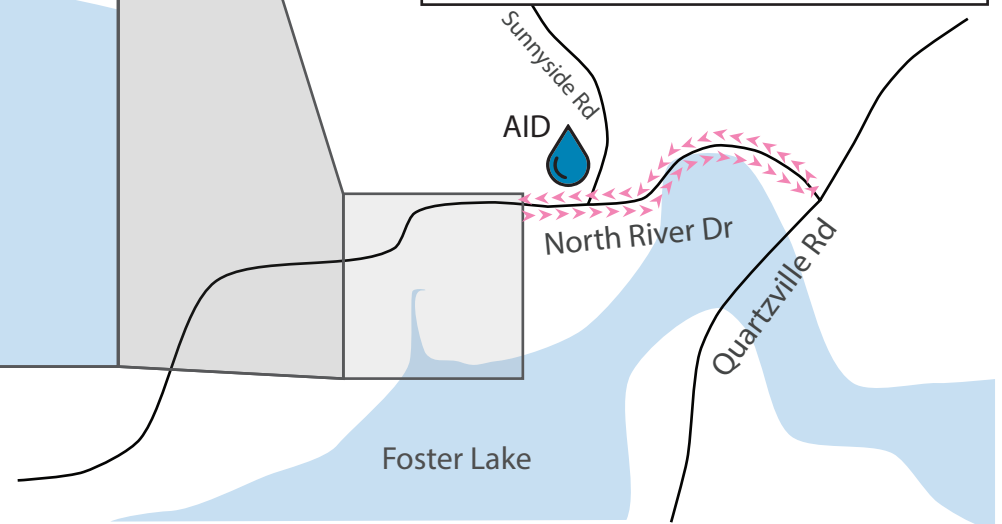
SUPER SPRINT RUN COURSE

1.5 miles, elevation gain 115ft



TURN-BY-TURN DIRECTIONS

- Exit transition through the RUN OUT arch.
- Follow the chute north through the grass to the pavement and turn right. This takes you to the upper parking area where you will exit the park on the far east side of the parking lot via a dirt trail to the road.
- Turn **RIGHT** on **North River Dr**.
- **TURN AROUND** at the stop sign at **Quartzville Rd**.
- Return to the park.
- Enter the park via the same dirt trail.
- Stay left in the parking lot and go down the multi-use path to the side walk. Follow the sidewalk and turn **RIGHT** to cross the bridge and into the finish chute. Time to celebrate!



Elevation (ft)



Aid Stations:

Distance (miles)