



LEGEND	
	TRANSITION AREA
	RUN START
	PATH TO FINISH LINE
	FINISH LINE
	1 <sup>ST</sup> LOOP MILE MARKERS
	2 <sup>ND</sup> LOOP MILE MARKERS
	WATER/AID STATION
	RED BULL STATION
	GATORADE ENDURANCE STATION
	MAURTEN STATION
	BEGIN 2 <sup>ND</sup> LOOP



## TURN BY TURN DIRECTIONS

- Exit transition and turn left onto the sidewalk
- Continue over the Peter Courtney Minto Island Bridge
- Right turn at mile 0.96 onto the Red Osprey Trail to begin lap 1
  - Right turn at mile 1.2 to stay on the paved path
  - Right turn at mile 2.1, onto the Purple Rabbit Trail, keeping parking lot #3 on your left
  - Right turn at mile 2.6 at the Carl Heitz Jr. bench
  - Left turn at mile 3.3, staying on the Purple Rabbit Trail
  - Left turn at mile 3.6, staying on the Purple Rabbit Trail
- Left turn onto the path along Faragate St., staying on the Purple Rabbit Trail
  - Left turn onto the Green Deer Trail
  - Continue straight at the Carl Heitz Jr. bench
  - Right turn onto the Red Osprey Trail
  - Left turn at mile 6.0, staying on the Red Osprey Trail
  - Left turn at mile 6.1, staying on the Red Osprey Trail
  - Left turn at mile 6.2, staying on the Red Osprey Trail
- Right turn at mile 6.6 onto the Red Osprey Trail to begin lap 2
  - Right turn at mile 6.9 to stay on the paved path
  - Right turn at mile 7.8, onto the Purple Rabbit Trail, keeping parking lot #3 on your left
  - Right turn at mile 8.2 at the Carl Heitz Jr. bench
  - Left turn at mile 9.0, staying on the Purple Rabbit Trail
  - Left turn at mile 9.2, staying on the Purple Rabbit Trail
- Left turn onto the path along Faragate St., staying on the Purple Rabbit Trail
  - Left turn onto the Green Deer Trail
  - Continue straight at the Carl Heitz Jr. bench
  - Right turn onto the Red Osprey Trail
  - Left turn at mile 11.7, staying on the Red Osprey Trail
  - Left turn at mile 11.8, staying on the Red Osprey Trail
  - Left turn at mile 11.9, staying on the Red Osprey Trail
    - Continue straight at mile 12.2 to head to finish
  - Left turn off the Peter Courtney Minto Island Bridge
  - Right turn to head to the finish in the middle of the Gerry Frank Salem Rotary Amphitheater

Start Elevation: 146 ft ▪ Finishing Elevation: 154 ft ▪ Gain: 341ft

