

LAKE CAHUILLA RECREATION AREA



Palm Springs, California Run Course

3.1 miles/6.2 miles/13.1 miles

ALPHA SPRINT:

- Run: 3.1 miles (one out-n-back)
- 1) - Exit Transition
- 2) - L on Cahuilla Park Road
- 3) - Continue straight on W Access Road
- 4) - Turn around at 1.55 miles
- 5) - Return on same route to Finish

ALPHA OLYMPIC:

- Run: 6.2 miles (two out-n-backs)
- 1) - Exit Transition
- 2) - L on Cahuilla Park Road
- 3) - Continue straight on W Access Road
- 4) - Turn around at 1.55 miles
- 5) - Return on same route to complete second out-n-back to Finish

ALPHA LONG COURSE:

- Run: 13.1 miles (four out-n-backs)
- 1) - Exit Transition
- 2) - L on Cahuilla Park Road
- 3) - Continue straight on W Access Road
- 4) - Continue past 2nd aid station to turnaround
- 5) - Return on same route to complete remaining 3 out-n-backs to Finish

Course Key	
	= Alpha Sprint
	= Alpha Olympic
	= Alpha Long Course
	= Aid Station
	= Medical
	= Porta-Potty
	= Buoy

