



Napa Valley, California

Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles



ALPHA OPEN RUN:

- Run: 1 mile (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at .5 miles and return on same route to Finish

ALPHA SPRINT RUN:

- Run: 3.1 miles (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 1.55 miles and return on same route to Finish

ALPHA OLYMPIC RUN:

- Run: 6.2 miles (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.1 miles and return on same route to Finish

ALPHA LONG COURSE RUN:

- Run: 13.1 miles (two out-n-backs)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish

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

