

### **ALPHA OPEN:**

## Sunday, November 21, 2021

- Run: 1 mile (out-n-back)
  - 1) Exit T2, R on Trail
  - 2) Turn around at 0.5 miles
  - 3) Return on same route to finish

# **ALPHA SPRINT:**

### Sunday, November 21, 2021

- Run: 3.1 miles (one loop)
  - 1) Exit T2, R on Trail
  - 2) R on Trail
  - 3) Stay R on Trail
  - 4) Turnaround at 1.55 miles and return on same route
  - 5) Right on Trail to Finish

#### **ALPHA OLYMPIC:**

### Sunday, November 21, 2021

- Run: 6.2 miles (two loops)
  - 1) Exit T1, R on Trail

    - 2) R on Trail
    - 3) Stay R on Trail
    - 4) Turnaround at 1.55 miles and return on same route
    - 5) R on Trail to begin second loop to Finish