



June Lake , CA

Run Course

ALPHA KIDS MINI SPRINT:

Run: 1.0 mile (out-n-back)

- 1) Exit T2, R on Trail
- 2) Through Beach
- 3) R at Boat Launch/Dog Beach
- 4) Uphill halfway u-turn
- 5) Downhill past incoming trail
- 6) L on return trail
- 7) R down to beach
- 8) Follow finish chute on beach to Finish Line

ALPHA SPRINT:

Run: 3.1 miles (out-n-back)

- 1) Exit T2, R on Trail
- 2) Through Beach
- 3) R at Boat Launch/Dog Beach
- 4) Uphill
- 5) R on Northshore Dr
- 6) L on Powerline Trail
- 7) Turnaround at 1.55 miles and return on same route
- 8) Follow finish chute on beach to Finish Line

ALPHA OLYMPIC:

Run: 6.2 miles (out-n-back)

- 1) Exit T2, R on Trail
- 2) Through Beach
- 3) R at Boat Launch/Dog Beach
- 4) Uphill
- 5) R on Northshore Dr
- 7) L on Powerline Trail
- 8) Turnaround at 2nd Aid Station at 3.1 miles and return on same route to finish
- 9) Follow finish chute on beach to Finish Line

ALPHA LONG COURSE:

Run: 13.1 miles (2 out-n-backs)

- 1) Exit T2, R on Trail
- 2) Through Beach
- 3) R at Boat Launch/Dog Beach
- 4) Uphill
- 5) R on Northshore Dr
- 7) L on Powerline Trail
- 8) Continue past 2nd Aid Station and turnaround at 3.275 and return on same route
- 9) Turnaround near transition and repeat same loop
- 10) Follow finish chute on beach to Finish Line

