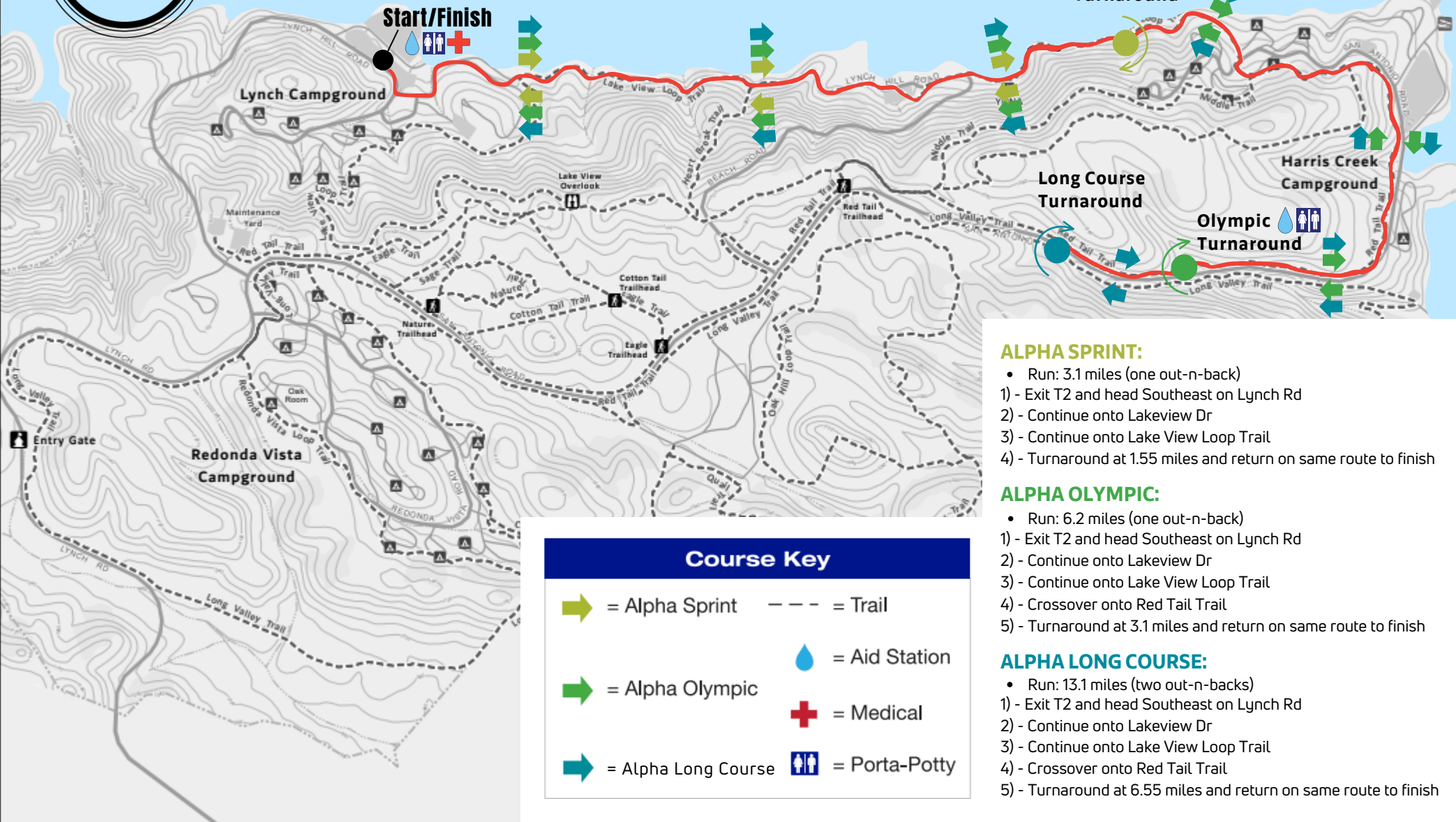




Lake San Antonio, CA Run Course

3.1 miles/6.2 miles/13.1 miles

Lake San Antonio Reservoir



ALPHA SPRINT:

- Run: 3.1 miles (one out-n-back)
- 1) - Exit T2 and head Southeast on Lynch Rd
- 2) - Continue onto Lakeview Dr
- 3) - Continue onto Lake View Loop Trail
- 4) - Turnaround at 1.55 miles and return on same route to finish

ALPHA OLYMPIC:

- Run: 6.2 miles (one out-n-back)
- 1) - Exit T2 and head Southeast on Lynch Rd
- 2) - Continue onto Lakeview Dr
- 3) - Continue onto Lake View Loop Trail
- 4) - Crossover onto Red Tail Trail
- 5) - Turnaround at 3.1 miles and return on same route to finish

ALPHA LONG COURSE:

- Run: 13.1 miles (two out-n-backs)
- 1) - Exit T2 and head Southeast on Lynch Rd
- 2) - Continue onto Lakeview Dr
- 3) - Continue onto Lake View Loop Trail
- 4) - Crossover onto Red Tail Trail
- 5) - Turnaround at 6.55 miles and return on same route to finish

Course Key

- | | |
|---|---|
|  = Alpha Sprint |  = Trail |
|  = Alpha Olympic |  = Aid Station |
|  = Alpha Long Course |  = Medical |
| |  = Porta-Potty |