



Palm Springs, California Run Course 1

0.5 miles/1 mile/1.2 miles/2.4 miles

Lake Cahuilla Park

ALPHA SPRINT: Saturday, October 23, 2021

- Run: 0.5 miles (out-n-back)
 - 1) – Line up behind starting line to start
 - 2) – L on Cahuilla Park Rd
 - 3) – Turn around at 0.25 miles and return on same route to T1

ALPHA OLYMPIC: Saturday, October 23, 2021

- Run: 1 mile (out-n-back)
 - 1) – Line up behind starting line to start
 - 2) – L on Cahuilla Park Rd
 - 3) – Turn around at 0.5 miles and return on same route to T1

ALPHA 70.3: Saturday, October 23, 2021

- Run: 1.2 miles (out-n-back)
 - 1) – Line up behind starting line to start
 - 2) – L on Cahuilla Park Rd
 - 3) – Turn around at 0.6 miles and return on same route to T1

ALPHA 140.6: Saturday, October 23, 2021

- Run: 2.4 miles (two out-n-backs)
 - 1) – Line up behind starting line to start
 - 2) – L on Cahuilla Park Rd
 - 3) – Turn around at 0.6 miles and return on same route to complete second out-n-back to T1



Course Key

	= Alpha Sprint		= Trail
	= Alpha Olympic		= Aid Station
	= Alpha 70.3		= Medical
	= Alpha 140.6		= Porta-Potty
			= Buoy