



Palm Springs, California Run Course

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

Lake Cahuilla
Park

Note: T2 for Sprint, Olympic, and Half is in Lake Cahuilla Park

Note: T2 for Full is in IID Parking Lot, 81600 Ave 58, La Quinta, CA 92253

Start / Finish

Lake Cahuilla



ALPHA SPRINT: Saturday, October 22, 2022

- Run: 3.1 miles (out-n-back)
 - 1) – Exit T2 L on grass
 - 2) – L on Jefferson St.
 - 3) – R on 58th Ave.
 - 4) – Turn around at 1.55 miles and return on same route to Finish

ALPHA OLYMPIC: Saturday, October 22, 2022

- Run: 6.2 miles (out-n-back)
 - 1) – Exit T2 L on grass
 - 2) – L on Jefferson St.
 - 3) – R on 58th Ave.
 - 4) – L on Madison St.
 - 5) – Turn around at 3.1 miles and return on same route to Finish

ALPHA 70.3: Saturday, October 22, 2022

- Run: 13.1 miles (two out-n-backs)
 - 1) – Exit T2 L on grass
 - 2) – L on Jefferson St.
 - 3) – R on 58th Ave.
 - 4) – L on Madison St.
 - 5) – Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish

ALPHA 140.6: Saturday, October 22, 2022

- Run: 26.2 miles (four out-n-backs)
 - 1) – Exit T2, R on 58th Ave.
 - 2) – R on Madison St
 - 3) – Turn around and return on same route
 - 4) – R on 58th Ave
 - 5) – L on Jefferson St
 - 6) – R into Lake Cahuilla Park
 - 7) – L on Park Rd
 - 8) – Turn around and return on same route to complete second, third and fourth out-n-back to Finish

Course Key

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