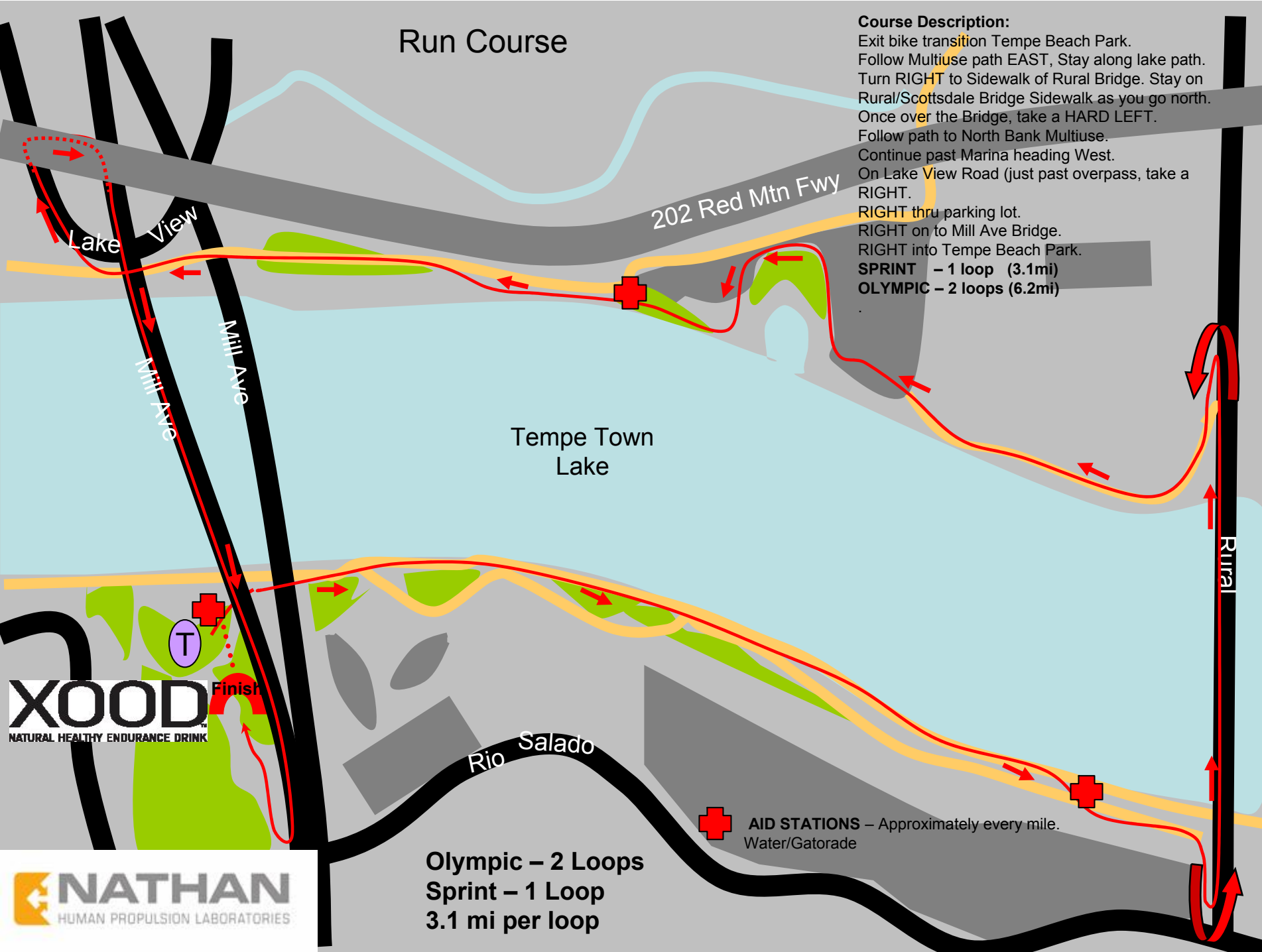


Run Course

Course Description:

Exit bike transition Tempe Beach Park. Follow Multiuse path EAST, Stay along lake path. Turn RIGHT to Sidewalk of Rural Bridge. Stay on Rural/Scottsdale Bridge Sidewalk as you go north. Once over the Bridge, take a HARD LEFT. Follow path to North Bank Multiuse. Continue past Marina heading West. On Lake View Road (just past overpass, take a RIGHT. RIGHT thru parking lot. RIGHT on to Mill Ave Bridge. RIGHT into Tempe Beach Park. **SPRINT** – 1 loop (3.1mi)
OLYMPIC – 2 loops (6.2mi)



Tempe Town Lake

202 Red Mtn Fwy

Lake View
Mill Ave
Mill Ave

Rural

Rio Salado

AID STATIONS – Approximately every mile.
Water/Gatorade

Olympic – 2 Loops
Sprint – 1 Loop
3.1 mi per loop

XOOD
NATURAL HEALTHY ENDURANCE DRINK

Finish

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NATHAN
HUMAN PROPULSION LABORATORIES