



**Run Course Directions**

Exit transition go west on path along lake.  
 Follow path past Tempe Center for the Arts.  
 Right onto Priest sidewalk.  
 Right onto N. Bank path.  
 Go through Marina...enjoy aid station.  
 Under Rural overpass to turn around.

**Continued...**

Right after Rural overpass.  
 Through abandoned parking lot.  
 HARD Right onto Rural sidewalk.  
 Right onto path along S. Bank of lake.  
 Stay Right for Lap 2.  
 Go Left through grass to finish on Rio!  
**CELEBRATE!**

**Aid Stations (6 per loop)**

Water  
 Gatorade Endurance  
 Pretzels  
 Oranges  
 Bananas  
 PowerBar product  
 Cola

