








Symbol legend:


-  **San Michel**
5k 1st loop @ 2.25k
5k Finish
1.5k Kids Finish
-  **Powerade**
5k & 1.5 Kids Finish
-  **Toilets**

5k Start 0700 (15m gain)

 5k 1st loop - 2.25k

 5k 2nd loop - 2.75k

1.5k Kids Start 0745 (2m gain)

 1.5k loop

