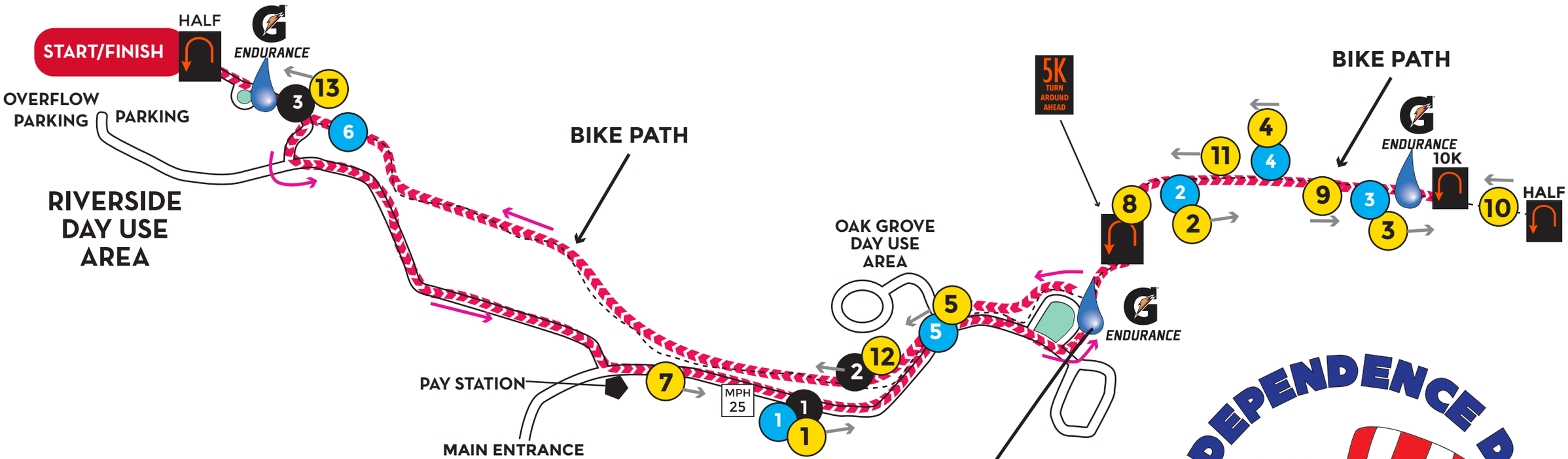
10K: Single loop with out and back on bike path

5K: Single loop with short out and back on bike path

HALF: Double loop. Loop #1: 10K course. Loop #2: repeats with an extended out and back



Half Marathon= 13.1094 mi (69217.5 feet)
10K=6.2137 mi (32808 feet)
5K=3.1067 mi (16404 feet)

ENDURANCE

CLIF