

**Green Legs
& Hamstrings**
March 12, 2011

Rest Stops:
Water and aid will be located
at both the 5K and 10K turn
around for all events.



Race Description:

All runners will start going down the gravel road following road until turnaround back toward the start/finish line. Runners will merge onto Anglers Ridge single track trail at 1.0 mile and will stay on that trail until turning left on the Witchback connector at 1.2 miles. Follow that trail until you cross the hard surface road at 1.5 miles. All runners will turn right once entering Witchback. 5K runners will continue until a left turn at approximately 2.2 miles and return to finish line. 10K Runners will continue on the trail until reaching turn around at approximately 3.5 miles turning left and continuing on trail back to finish line. Half Marathon runners will continue on the trail completing one full lap on Witchback, once you have reached the beginning turn left and complete one more full lap on Witchback before returning to the finish line. Trails and turn around will be well marked as well as course marshals directing you in the right direction.

