

River-N-Rapids Half & 10K Course

TWO Water Stops 

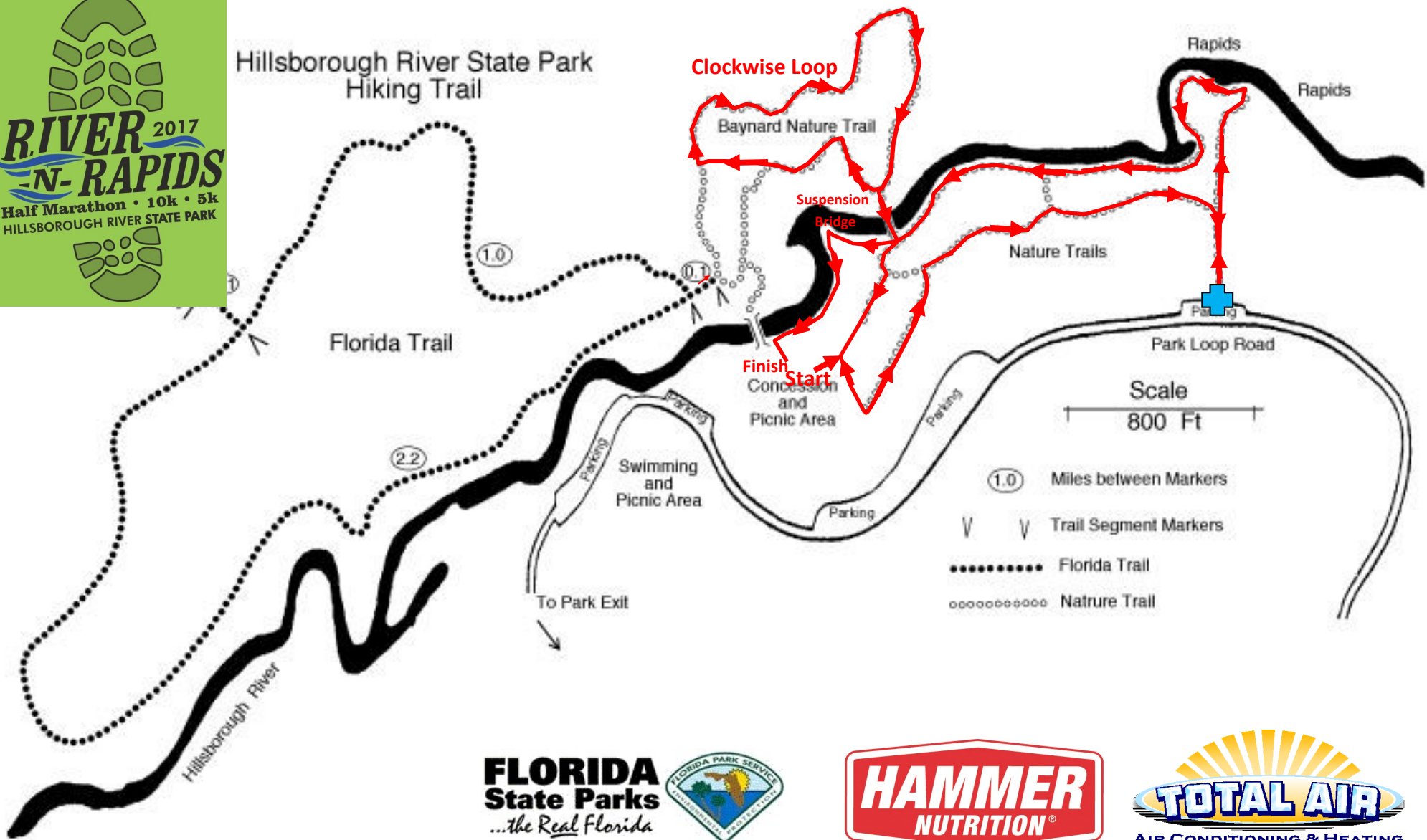
NOTE: this is a trail run. We HIGHLY recommend you carry your own water during the event.

Unlike typical road running events, the water stops/aid stations are spaced farther apart and are fewer. Please be prepared.



ENDURANCE FUELS & SUPPLEMENTS





River-N-Rapids 5k Course



ENDURANCE FUELS & SUPPLEMENTS



One water stop you will see twice

NOTE: this is a trail run. We HIGHLY recommend you carry your own water during the event.

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