

3-Mile Run Course

Start is at the canoe launch along the edge of the river.

Run goes on pavement to the trail up the levee. Across the river and then down into the single track. Across Trout Creek bridge and then almost immediately turning around.

Up and over the levee, then back up the levee to run on the levee road.

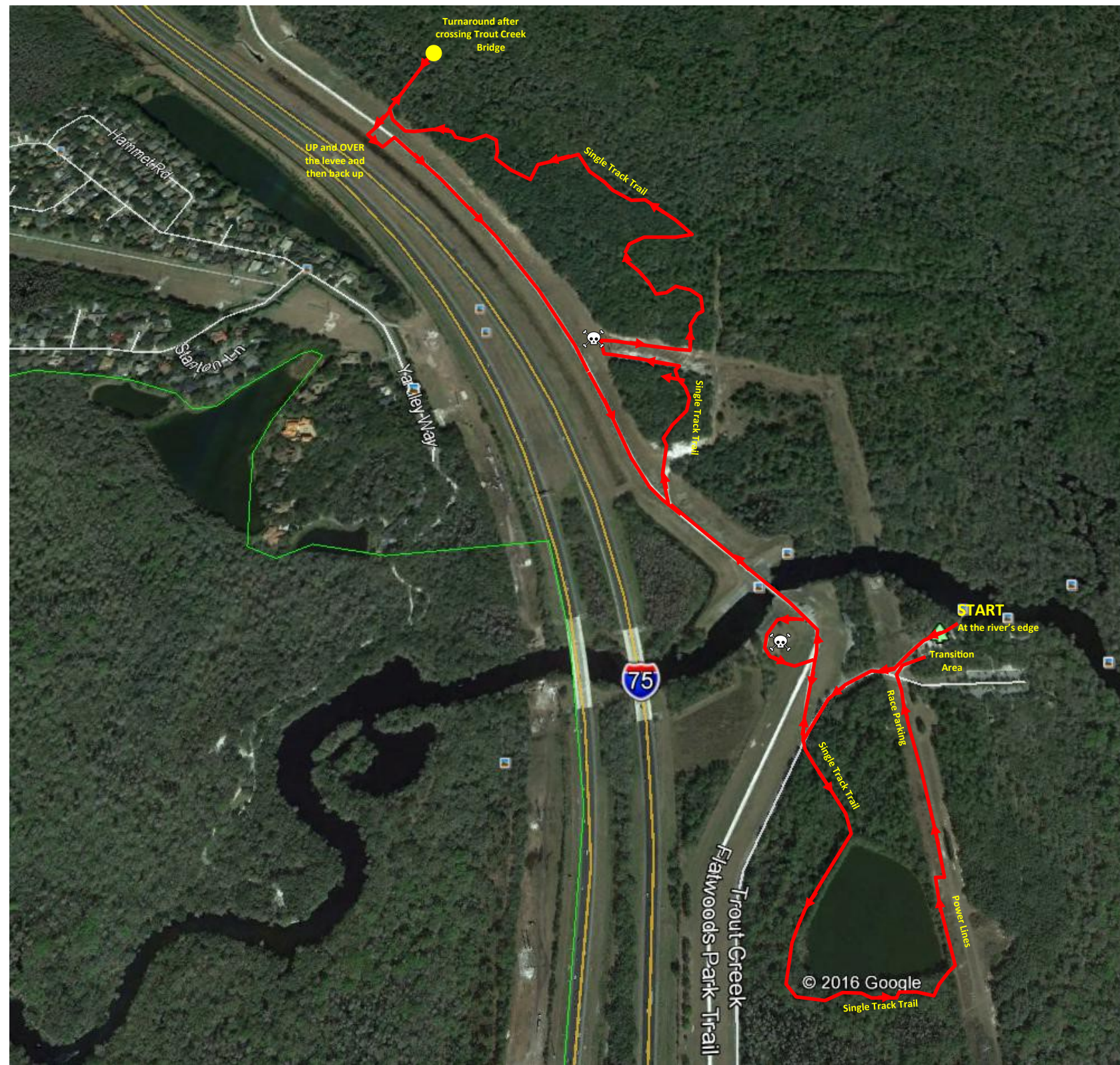
Back across the river and then a little loop down and back up the levee.

Down the levee, cross the paved road and into some more single track.

At power lines turn right and will run through event parking, cross the paved road and then turn into the transition area.

There will be one water stop on the run.

There will be two “special challenges” for the extreme category on the run. ☠️



BIKE COURSE—SWAMP SQUIRREL

START at Transition Area and bike out paved park road (south) to shell road up to top of the levee.

Extreme racers have a “special challenge” here

Take the levee road north. Ride down the levee into the woods and follow the Squiggy mtn bike trail north.

Extreme racers have a “special challenge” here: continue north on the levee and then do a series of five down and ups (marked) until you get back to the Squiggy mtn bike trail entrance. Then continue north on the Squiggy trail.

At the paved bike loop turn right (look out for other park/paved trail users). Pass over Trout Creek and turn right on dirt/sand forest road. Follow this (mostly south) to a large wetland and turn right (still on old forest road). Merge with Panther bike trail and follow around the wetland and to the main trail.

At the main trail turn right. Cross the Trout Creek Bridge (watch out for runners now).

Follow the single track mtn bike trail back into the woods.

Return to the top of the levee and ride south (basically retracing the starting portion).

Ride down the levee on the short shell road.

Turn left on the paved park road (watch for cars/vehicles!).

Return to the transition area.



At this time we have **three special challenges** planned on the bike portion. We are looking at adding one more. Again, these may be physical or mental challenges—be prepared!

