

Course Map:

2km Race- 1km loop, followed by a 1km loop (Para Race)

4km Races- 3km loop, followed by a 1km loop

5km Races- 1km loop, followed by a 3km loop, followed by a 1km loop

6km Race- 3km loop, followed by a 3km loop

3km Loop



Course Description: Located in the heart of Enoch Nation, the land of medicine. The course is of easy to medium level with limited elevation gain. The start line is a wide open area that will funnel down to a more narrow trail about 150m beyond the start line. The 3km heads out along stunning Yekau lake. The athletes will cross through treed sections, hard sand and grassy areas. There are 4 small rolling hills on the 3km loop. Trails are eight to twelve feet in width providing many areas for passing. Running spikes or racing flats are recommended.