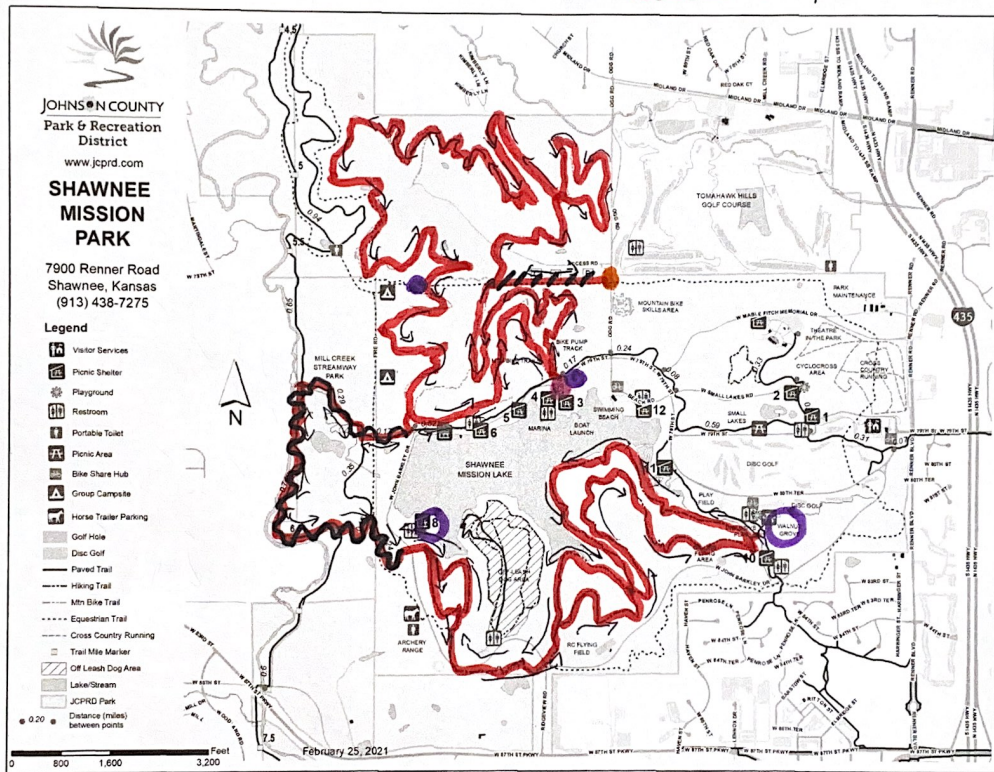


100k - 3 loops
 40 M - 2 loops
 20 M - 1 loop

- start finish
- water only
- full aid

▨ gravel out and back
 ▨ paved trail



10 mile

- start finish
- water only
- full aid.

▬▬▬▬▬▬▬▬▬▬ gravel out and back

