

# DAY 3 RUN COURSE 50 KM

## ● AID STATIONS

- 1: Allendale Rd.  
5.3 KM / 30.3 KM
- 2: Allendale Lake Rd. - out  
10.5 KM / 35.5 KM
- 3: Allendale Lake Rd. - back  
14.4 KM / 39.4 KM
- 4: McLean Creek Rd/Eastside Rd  
20 KM / 45 KM
- 5: Race Precinct - Start/Finish  
25 km / Finish 50 KM

