

5K IS ESSENTIALLY 1.5 LOOPS

7.5K WILL RUN THE ENTIRE 5K WITH AN EXTRA HALF LOOP



PASS ON FIRST LOOP

7.5K TURN TO FINISH

TURN ON 2ND LOOP

7.5K BYPASS FINISH ON 2ND LOOP

START / FINISH
5K / 7.5K

2K

4K

7K

3K

6K

1K

5K

5K

5K

5K

5K

5K

5K

5K

5K

5K

5K

5K

7.5K

7.5K

7.5K

7.5K

7.5K

7.5K

7.5K

7.5K

7.5K

7.5K

5K

5K

5K

5K

5K

5K

5K

5K

7.5K