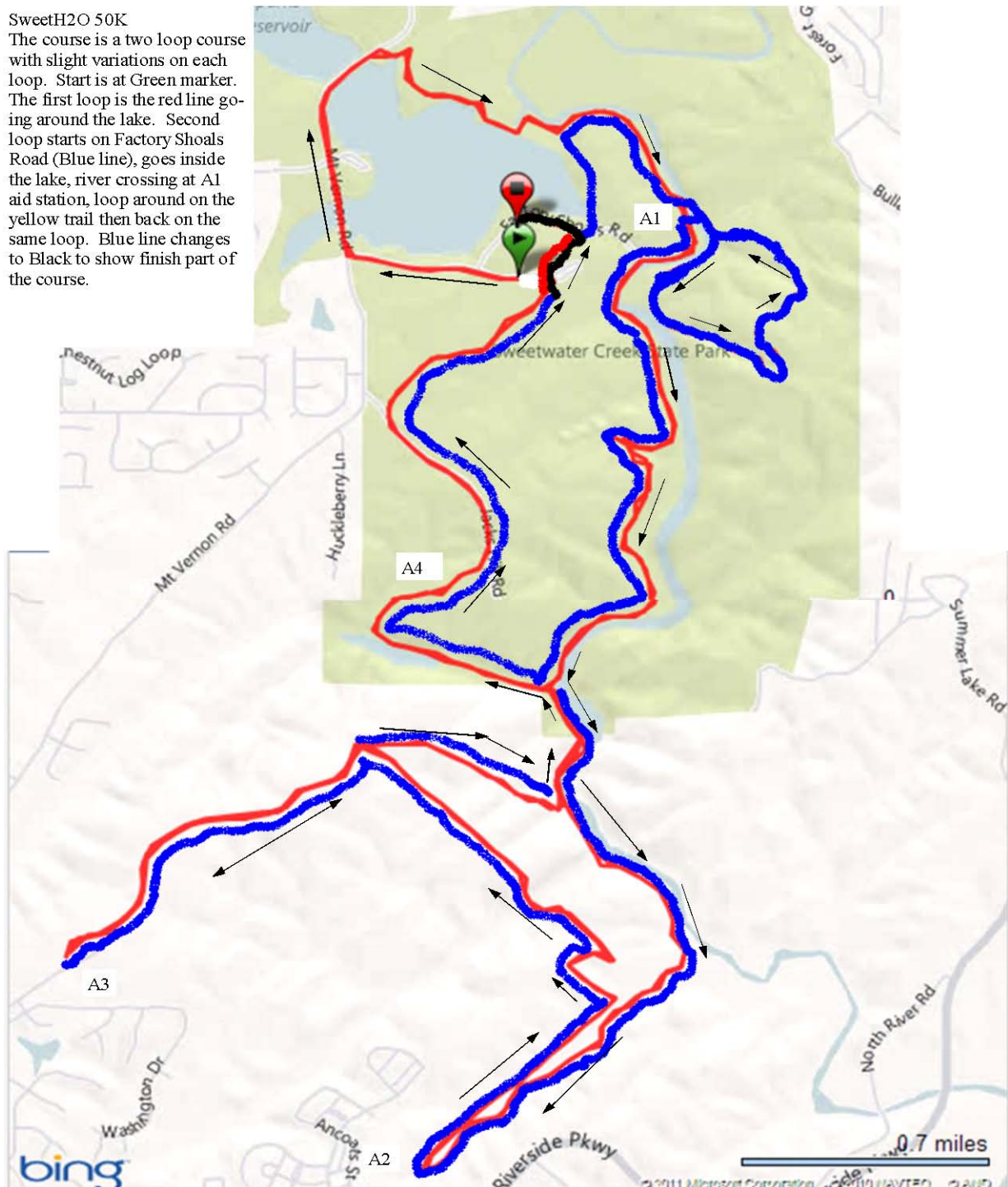


SweetH2O 50K

The course is a two loop course with slight variations on each loop. Start is at Green marker. The first loop is the red line going around the lake. Second loop starts on Factory Shoals Road (Blue line), goes inside the lake, river crossing at A1 aid station, loop around on the yellow trail then back on the same loop. Blue line changes to Black to show finish part of the course.



Aid Stations:

A1: Beach Aid Station. Mile Markers: 2.5, 15.15, 17.65

A2: Tributary Aid Station. Mile Markers: 6.9, 22

A3: School Spur Aid Station. Mile Markers: 9.75, 25

A4: Jack's Hill Aid Station. Mile Markers: 13.5, 28.65

Aid Stations will be at Miles 2.5, 6.9, 9.75, 13.5, 15.15, 17.65, 22, 25 and 28.65