



LEGEND

- TRANSITION AREA
- START LINE
- FINISH LINE
- 1ST LOOP MILE MARKERS
- 2ND LOOP MILE MARKERS
- WATER/AID STATION
- RED BULL STATION
- GATORADE STATION
- U-TURN
- ATHLETE FLOW
- 2ND LOOP TO FINISH
- BEGIN 2ND LOOP
- COURSE LINE

TURN BY TURN DIRECTIONS

- Exit transition and turn right onto the Betsie Valley Trailway to begin lap 1
 - Continue straight onto Waterfront Dr.
 - Left turn onto 2nd Street.
 - Right turn onto Fr. Marquette Cir.
 - U-turn on Fr. Marquette Cir.
 - Left turn onto 2nd Street
 - Right turn onto Waterfront Dr.
- Continue straight onto the Betsie Valley Trailway
 - Right turn onto the shoulder of M-22/Lake St.
 - Right turn onto Frankfort Ave.
 - Frankfort Ave. becomes Furnace Ave.
 - Right turn onto Centre Street
- Right turn onto the paved path in front of the picnic pavilion
 - Left turn onto the paved path along the water
 - Continue straight over the wooden deck
 - Left turn just past the bench
 - Left turn to head back toward the wooden deck
 - Continue straight over the wooden deck
- Right turn on the paved path immediately past the wooden deck
 - Slight right turn into the parking lot toward Centre Street
 - Right turn onto Centre Street
 - Left turn onto Furnace Ave.
 - Furnace Ave. becomes Frankfort Ave.
 - Left turn onto the shoulder of M-22/Lake Street
 - Left turn onto the Betsie Valley Trailway
- Continue straight past the transition area to begin lap 2
- After completing lap 2, continue straight past the transition area
 - Continue straight onto Waterfront Dr.
 - Left turn onto 2nd Street.
 - Right turn onto Fr. Marquette Cir.
- Fr. Marquette Cir. becomes Main Street - Continue straight onto Main Street to the finish line

Start Elevation: 584 ft ▪ Finishing Elevation: 594 ft ▪ Gain: 258 ft

