

Course Section Descriptions

Runners

5.82 miles

Start on bike trail near the bridge at the William Pond Recreation Area. Proceed on bike trail west for about two miles. Leave the bike trail and proceed on the up-ramp to the levee near Rio Americano High School and go west on the levee to Watt Avenue Bridge. Take the down-ramp off of the levee, proceed under the bridge and take the up-ramp to the levee. Continue west on the levee and go under Howe Avenue bridge continuing to the Guy West Bridge. At the Guy West Bridge take the down-ramp directly to the bike staging area and make your hand-off to the cyclist.

Cyclists

12.5 miles

Start from the Guy West Bridge hand-off area. Proceed east on the bike trail to the Richey Bridge. Cross bridge and proceed through River Bend Park. Follow the bike trail east to Sunrise Avenue footbridge. Get off bike and run onto the pedestrian bridge to make hand-off to the paddler.

Paddlers

6.36 miles

Start near the Sunrise Avenue footbridge hand-off area and proceed down river to the River Bend Park landing area. All paddlers will then exit their watercraft and cross the finish line on foot (except the stern paddler in the Tandem Kayak and Open Canoe divisions).

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COURSE MAP



Run 5.82 Miles • Bike 12.5 Miles • Paddle 6.35 Miles

