

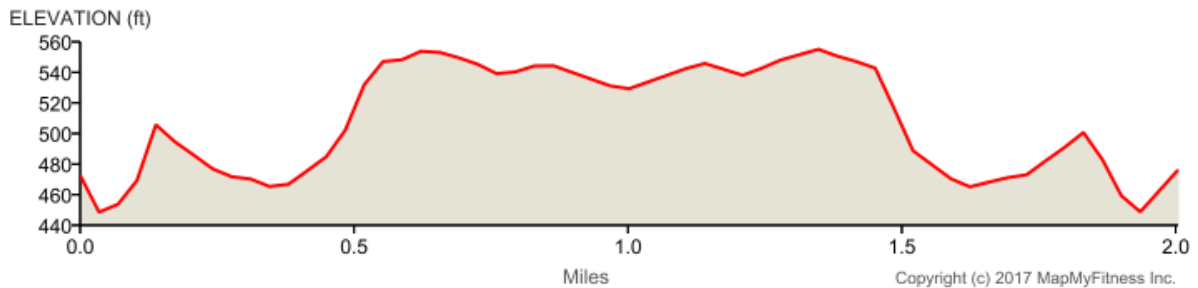


Spillway Super Sprint Tri 1.7 mi run

Distance: 2.00 mi
Elevation Gain: 112 ft
Elevation Max: 555 ft

Notes

Out and back run course



0.00 mi Head northeast

0.14 mi	Turn left onto Skyline Dr
0.16 mi	Head northeast on Skyline Dr toward Forestery Cir/Old Hwy 7
0.85 mi	Turn right onto Forestery Cir/I P Cir/Old Hwy 7
0.99 mi	Head north on Forestery Cir/I P Cir/Old Hwy 7 toward Valley St
1.14 mi	Turn left onto Skyline Dr
1.85 mi	Turn right
1.93 mi	Head west Destination will be on the right
2.00 mi	Destination