

SwimRun Maryland

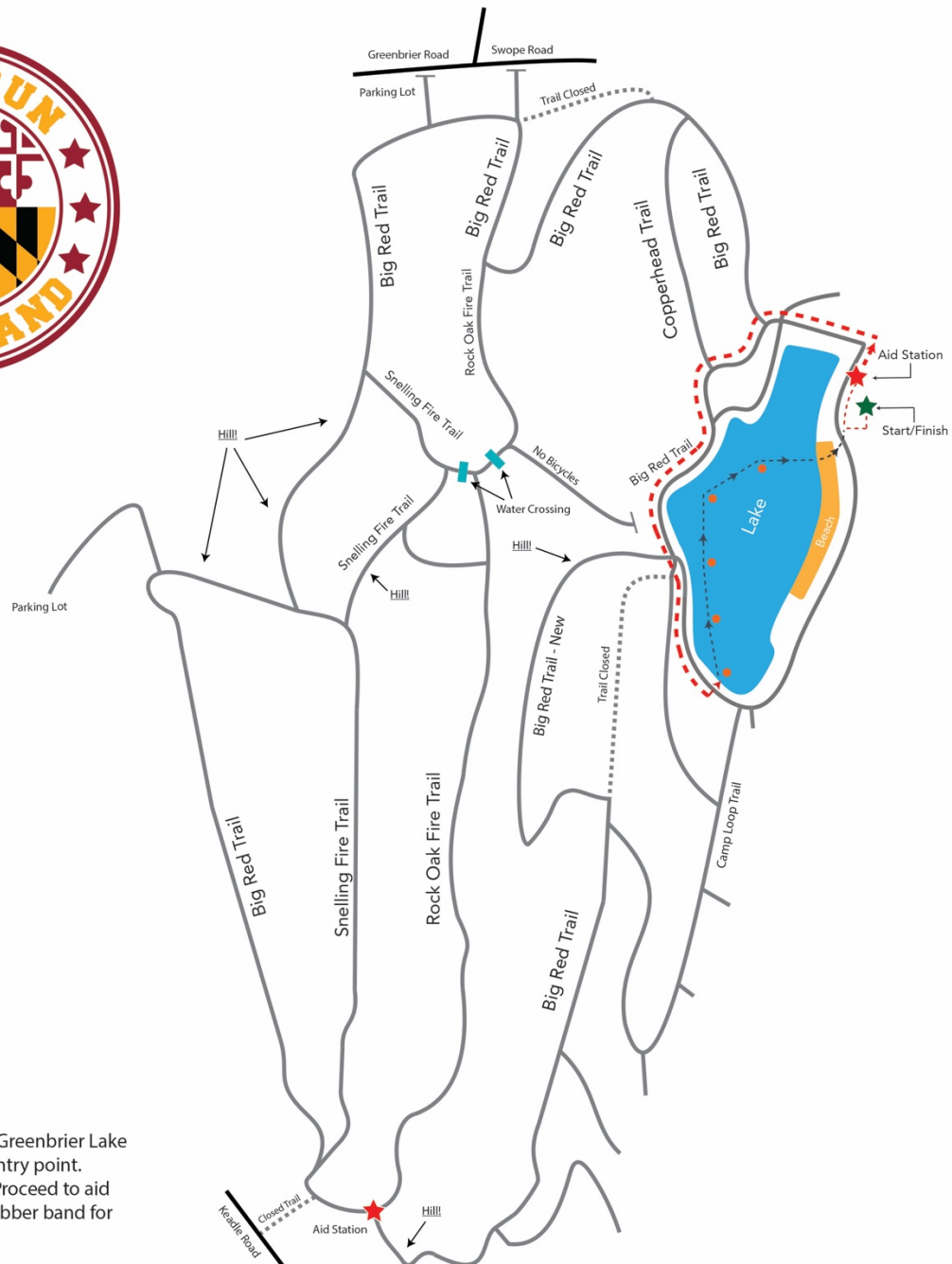
Long Course Team & Solo Division Maps

Run - 6 legs: 16.4 mi

Swim - 6 legs: 2.4 mi

Total distance: 18.8 mi

Leg # 1



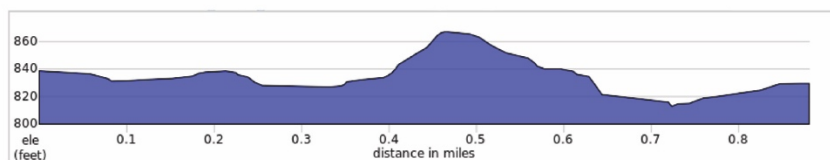
SwimRun Maryland
Short & Long Course

YELLOW color course

Run Leg #1 - 0.9 miles

Swim Leg #1 - 0.4 miles

Run the boarder trail of Greenbrier Lake
(Big Red Trail) to swim entry point.
Then swim across lake. Proceed to aid
station and exchange rubber band for
next leg.



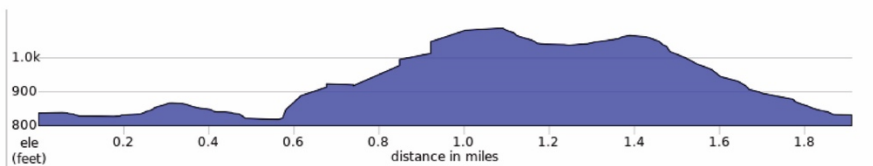
Leg #2



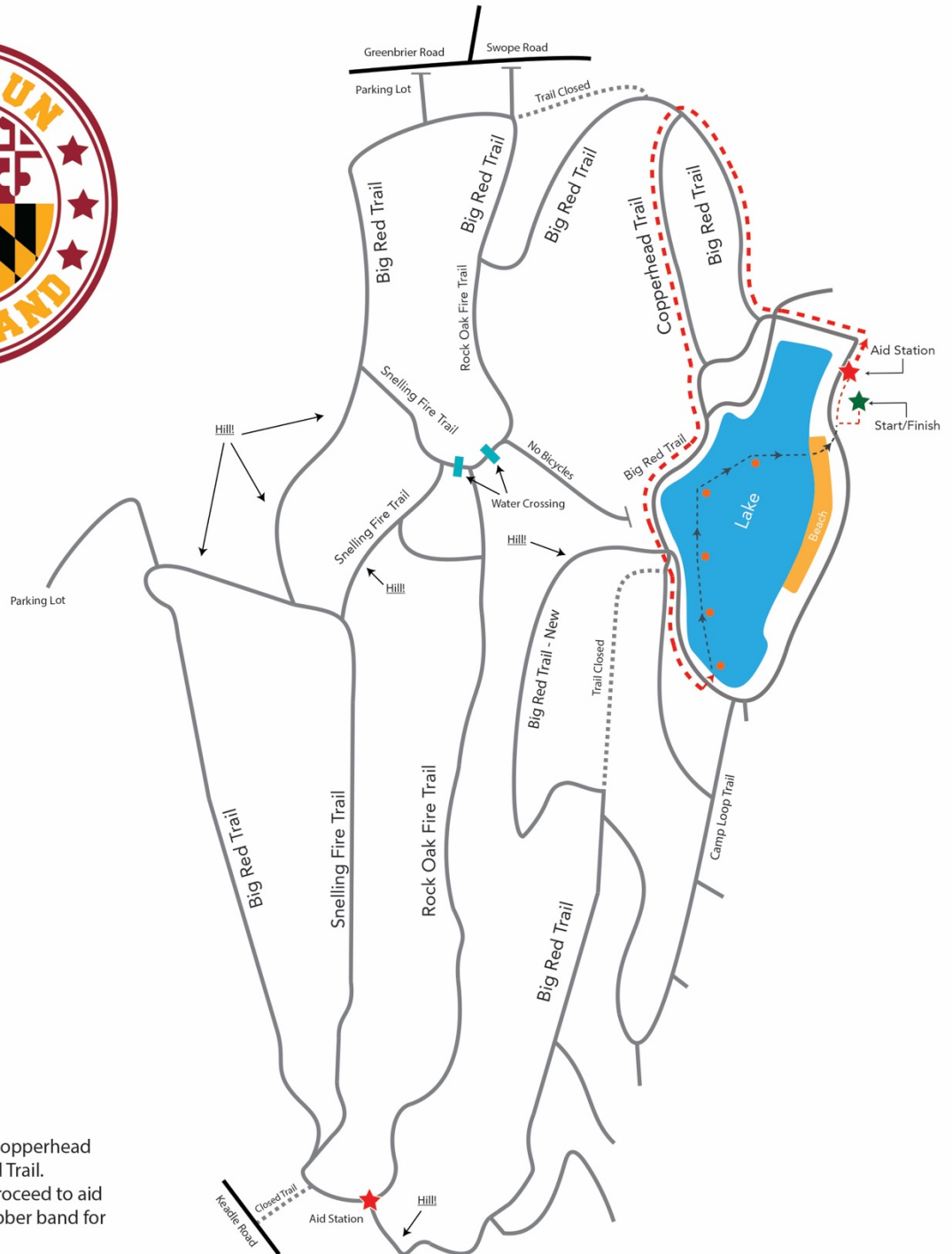
SwimRun Maryland
Short & Long Course
ORANGE Color Course

Run Leg #2- 1.9 miles
Swim Leg #2 - 0.4 miles

Run Big Red Trail to Camp Loop Trail.
Then swim across lake. Proceed to aid
station and exchange rubber band for
next leg.



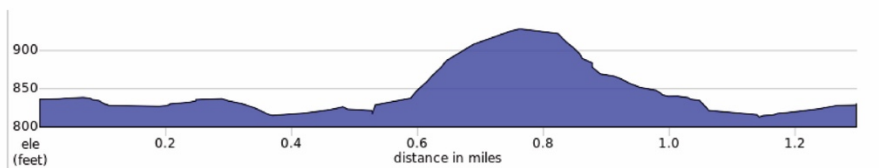
Leg #3



SwimRun Maryland
Short & Long Course
GREEN color course

Run Leg #3 - 1.3 miles
Swim Leg #3 - 0.4 miles

Run the Big Red Trail to Copperhead Trail then back to Big Red Trail.
Then swim across lake. Proceed to aid station and exchange rubber band for next leg.



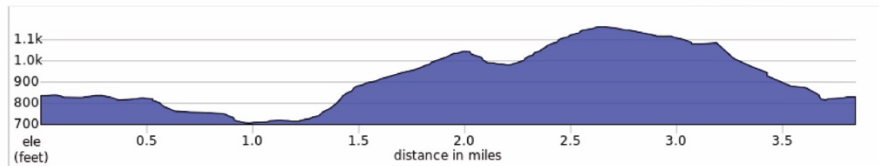
Leg #4



SwimRun Maryland
Short & Long Course
BLUE color course

Run Leg #4 - 3.8 miles
Swim Leg #4 - 0.4 miles

Run the Big Red Trail to Rock Oak Fire Trail then back to Big Red Trail.
Then swim across lake. Proceed to aid station and exchange rubber band for next leg. Aid station at mile 2.3.



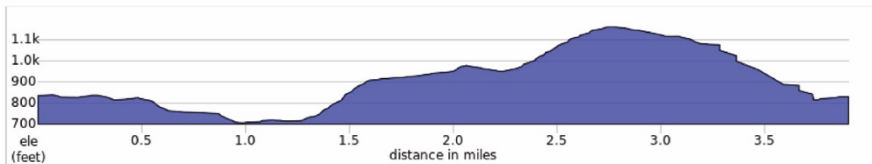
Leg #5



SwimRun Maryland
Long Course
PURPLE color course

Run Leg #5 - 3.9 miles
Swim Leg #5 - 0.4 miles

Run the Big Red Trail to Rock Oak Fire Trail then to Snelling Fire Trail and back to Big Red Trail. Aid station at mile 2.3. Then swim across lake. Proceed to aid station and exchange rubber band for next leg.



Leg #6 – After Swim #6, Run To Finish Line



SwimRun Maryland
Long Course
PINK color course

Run Leg #6 - 4.6 miles
Swim Leg #6 - 0.4 miles

Run the Big Red Trail. Aid station at mile 3.0. Then swim across lake. Proceed to finish line.

