



SWIMRUN MARYLAND

GREENBRIER STATE PARK

Greenbrier State Park - 21843 National Pike, Boonsboro, MD 21713

[Cue Sheet Subject To Change](#)

Short Course Race

Run – 4 Legs: 7.9 Mi

Swim – 4 Legs: 1.6 Mi

Total Distance: 9.5 Mi

Run 1 – Start - .9 mi (YELLOW)

Run the boarder of Greenbrier Lake (Big Red Trail) to swim entry point. You should be wearing your YELLOW rubber band to remind you to follow the YELLOW marking flags.

Swim 1 – Lake Swim - .4 mi

Take that first buoy on your LEFT shoulder. All other buoys will be taken on the RIGHT shoulder to complete the .4 mi swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color. **There are restrooms just off the beach and available for use after every swim section.

Run 2 – Big Red and Camp Loop Trail - 1.9 mi (ORANGE)

Run Big Red Trail to Camp Loop Trail to swim entry point.

Swim 2 – Lake Swim - .4 mi

Take that first buoy on your LEFT shoulder. All other buoys will be taken on the RIGHT shoulder to complete the .4 mi swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color.

Run 3 – Copperhead Trail - 1.3 mi (GREEN)

Run Big Red Trail to Copperhead Trail then back to Big Red Trail. Proceed to swim entry point.

Swim 3 - Lake Swim - .4 mi

Take that first buoy on your LEFT shoulder. All other buoys will be taken on the RIGHT shoulder to complete the .4 mi swim. Exit will be at the end of the swimmer's beach. Run to Aid Station and exchange rubber band color.

Run 4 – Rock Oak Fire Trail - 3.8mi (BLUE)

Run Big Red Trail to Rock Oak Fire Trail back to Big Red Trail. Proceed to swim entry point. Aid station at mile 2.3

Swim 4 - Lake Swim - .4 mi

Take that first buoy on your LEFT shoulder. All other buoys will be taken on the RIGHT shoulder to complete the .4 mi swim. Exit will be at the end of the swimmer's beach. Run to finish line.