



SWIMRUN MARYLAND

GREENBRIER STATE PARK

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

[Cue Sheet Subject To Change](#)

Long Course Race

Run –6 Legs: 16.4 Mi

Swim – 6 Legs: 2.4 Mi

Total Distance: 18.8 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 Aid Station and exchange rubber band color.



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Run 5 – Snelling Fire Trail - 3.9 mi (PURPLE)

Run Big Red Trail to Rock Oak Fire Trail. Take Snelling Fire Trail back to Big Red Fire Trail. Proceed to swim entry point. This 3.9-mile run includes the steep accent a 1.5 miles in, reaching upwards of 13.6%. Walking this climb is certainly an option. The next mile will be a much more gradual climb followed by a 330ft drop over the next ¾-mile. Aid station at mile 2.3.

Swim 5 - 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 6 – Full Big Red Trail - 4.6 mi (PINK)

Run full Big Red Trail loop. Aid station at mile 3.

Swim 6 - 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.