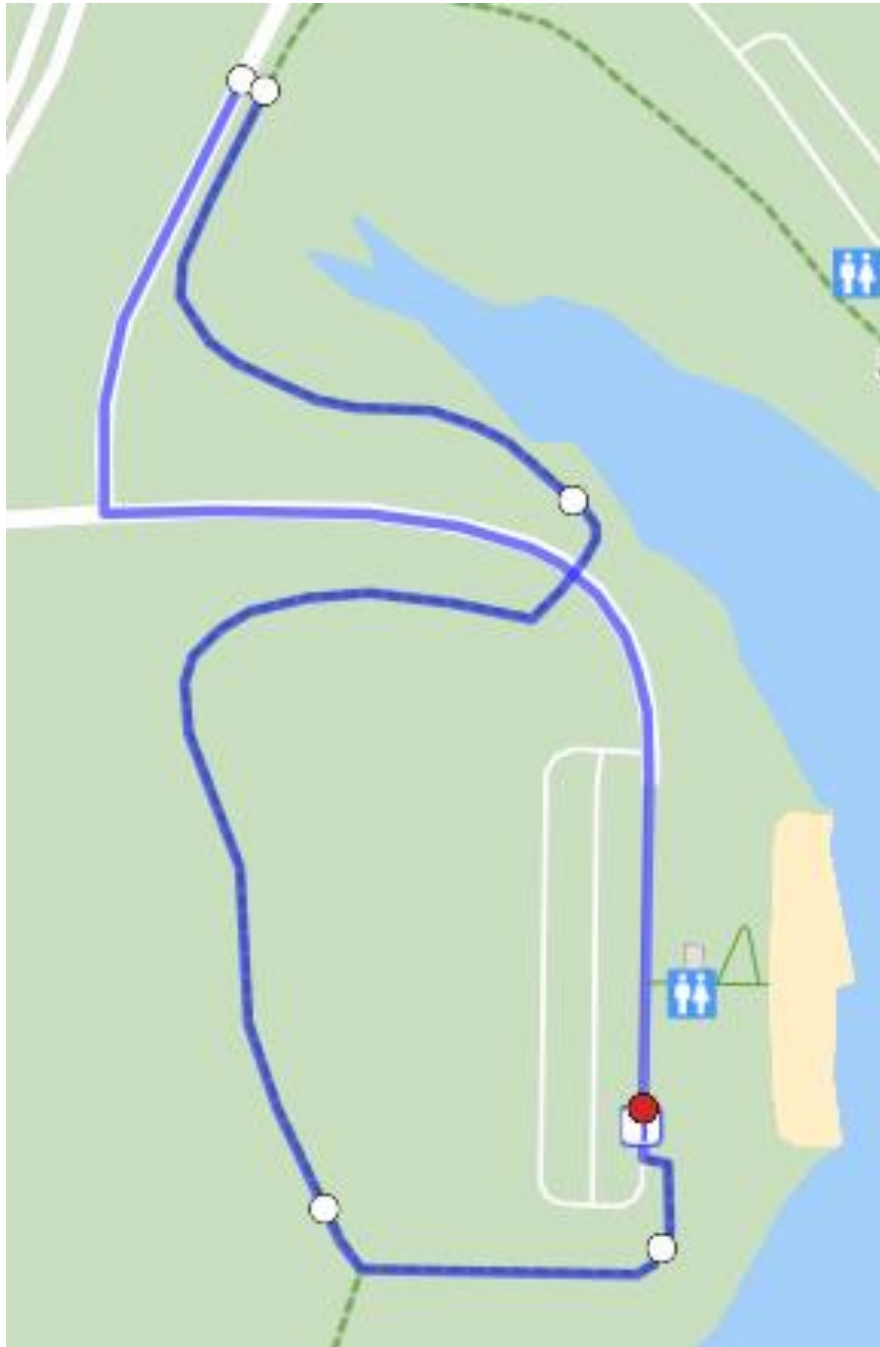


SWIFTY 1 MILE

1 Loop course, follows all other starting routes but has unique turn off road: Small cut through grass at road to trail, northern part of the route, then back on route. No aid.



SWIFTY 5K

1 Loop course, follows all other starting routes. Estimated aid at 1.6, 3 (2 times)



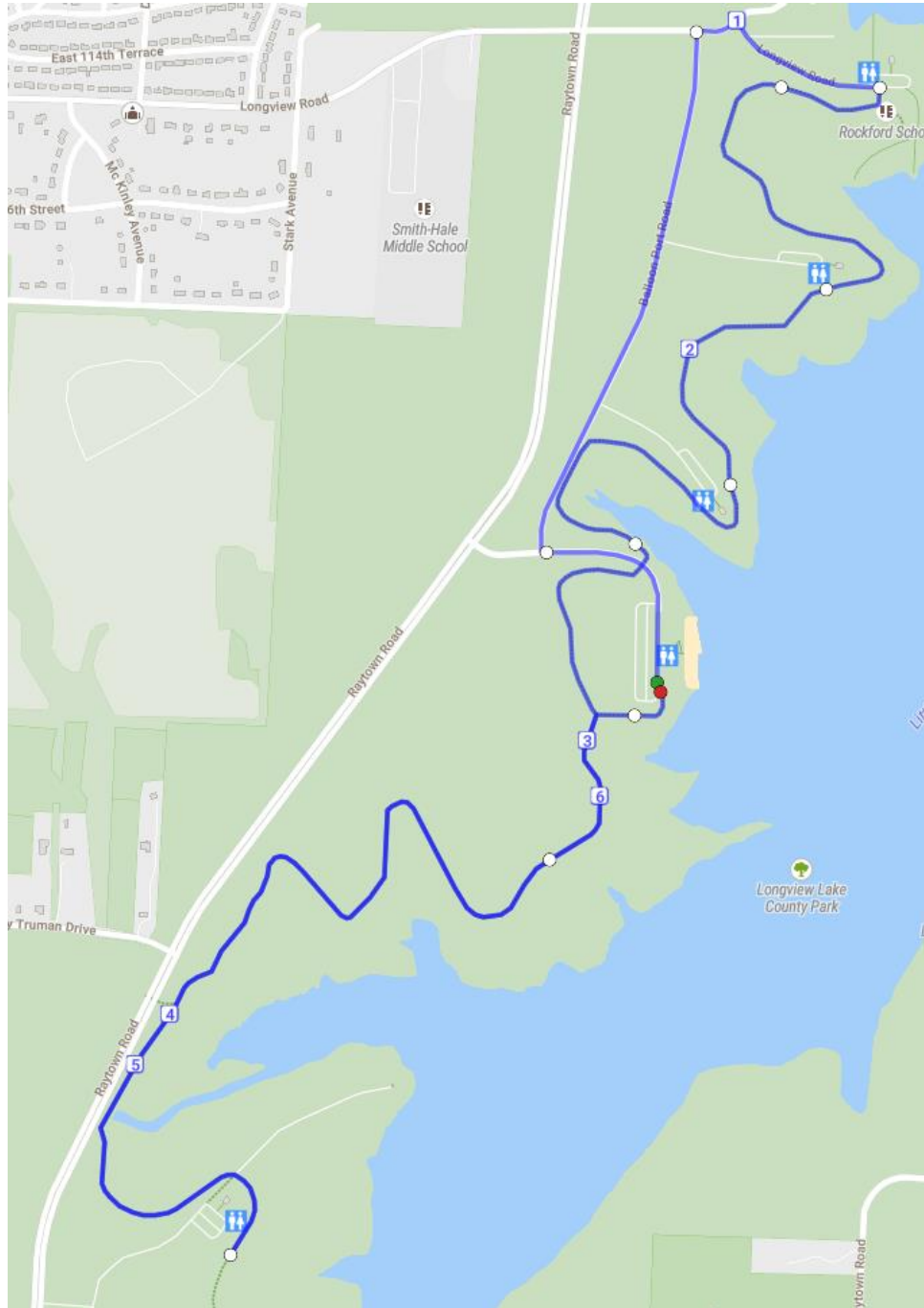
SWIFTY 10K

Option 1: 2 Loop course, follows all other starting routes, athletes complete the 5k route twice.
Estimated aid at 1.6, 3, 4.7, 6.1 (4 times)



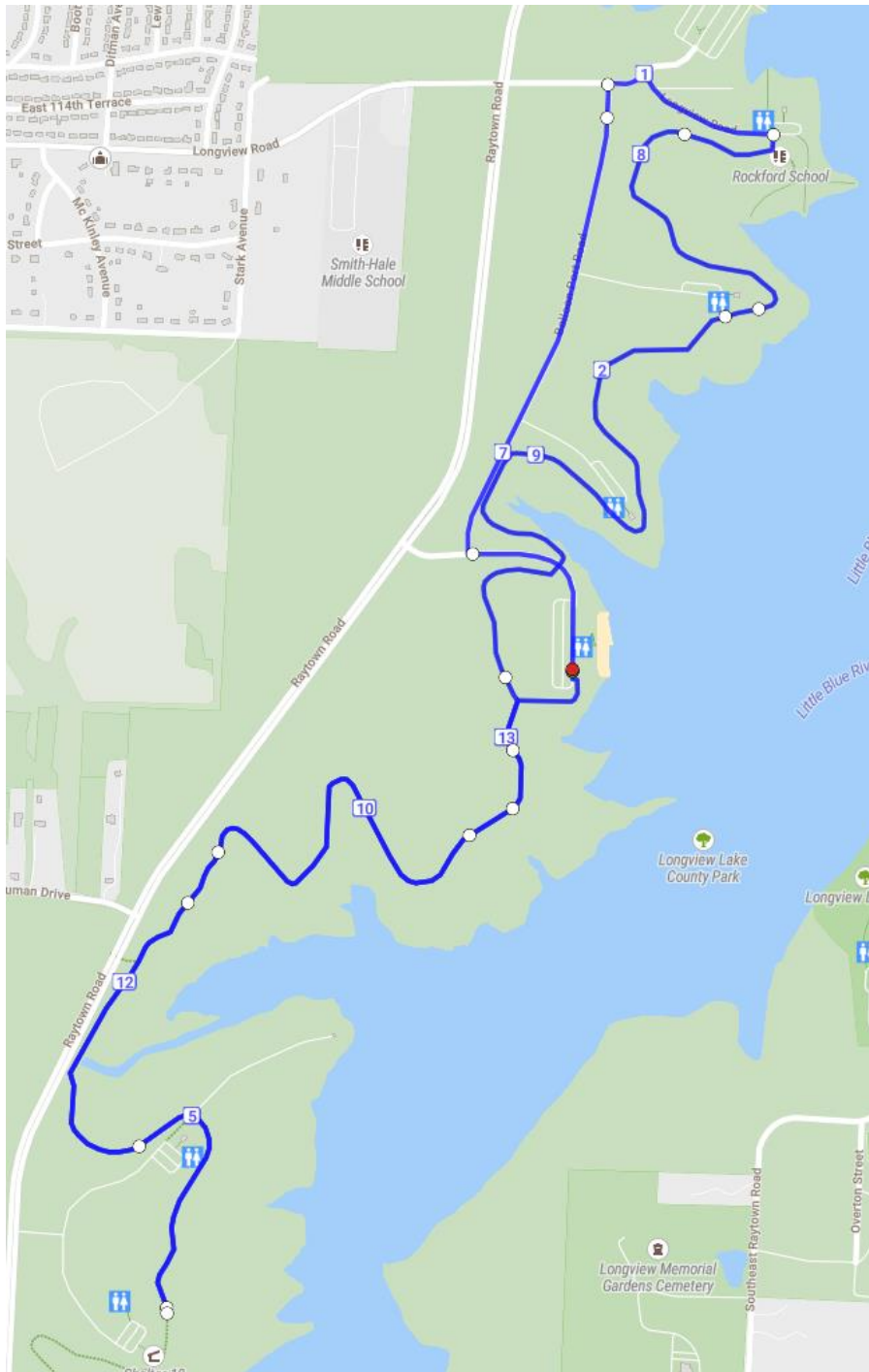
SWIFTY 10K

Option 2: 1 Loop course, follows all other starting routes, athletes complete the 5k route then drop south to complete an out and back on the half marathon route. Estimated aid at 1.6, 3, 4.4, 4.6, 6.1 (5 times)



SWIFTY Half Marathon

2 Loop course, follows all other starting routes, athletes complete the 5k route then drop south to complete an out and back same as the 10k but are required to go a little further for their turnaround. Would require a mat at the far end to make sure athletes did not turn at the 10k. Estimated aid at 1.6, 3, 4.4, 5, 6.5, 8.15, 9.55, 10.95, 11.55, 13.05 (10 times)



SWIFTY Aid Stations – 3 total. 1 near home base. 2 at pavilions on course which are passed multiple times. Everything is accessible by vehicle.

