



## Run Course

- Leaving the transition area, turn right staying on the right shoulder of McKay
- Turn right on Central Lakes Trail
- Turn right at Arnquist Carpet and Flooring on 1st Ave
- Follow Darling and Quincy to Agnes Ave. (trail) leading back to the school

## Harvest Duathlon Run Route

- 1st run 2.5 miles █
- 2nd run 2.3 miles █