

FULL COURSE MAP



RUNNERS:

5.82 miles



Start at William Pond Recreation Area. Proceed west on bike trail for about 2 miles. Exit the bike trail & proceed onto up-ramp near Rio Americano High School, go west on levee to Watt Ave. Bridge. Take the down-ramp off levee & proceed under bridge. Then take the up-ramp to levee & continue west. Go under the Howe Ave. Bridge to the Guy West Bridge, take the down-ramp to the bike staging area and make your hand-off to the cyclist.

CYCLISTS:

12.5 miles



Start at Guy West Bridge hand-off area. Ride east on bike trail to Richey Bridge. Cross bridge & pass through River Bend Park. Continue east to Sunrise foot-bridge. Dismount bike & run onto the bridge, hand-off ankle band to paddler.

PADDLERS:

6.10 miles



Start near the Sunrise Ave. footbridge hand-off area and proceed down river to the River Bend Park landing area. Single Paddlers will then exit their watercraft and cross the finish line on foot. (For Tandem & Open Canoe: Stern paddler to remain in watercraft).

5.82 Miles ● 12.5 Miles ● 6.10 Miles

