



RACE DISTANCES

50 MILE OUT AND BACK 3 X. (8.33)

50K OUT AND BACK 2 X. (7.75)

MARATHON OUT AND BACK 2 X (6.55)

HALF OUT AND BACK 1 X (6.55)

10K OUT AND BACK 1 X (3.1)

5K OUT AND BACK 1 X (1.55)