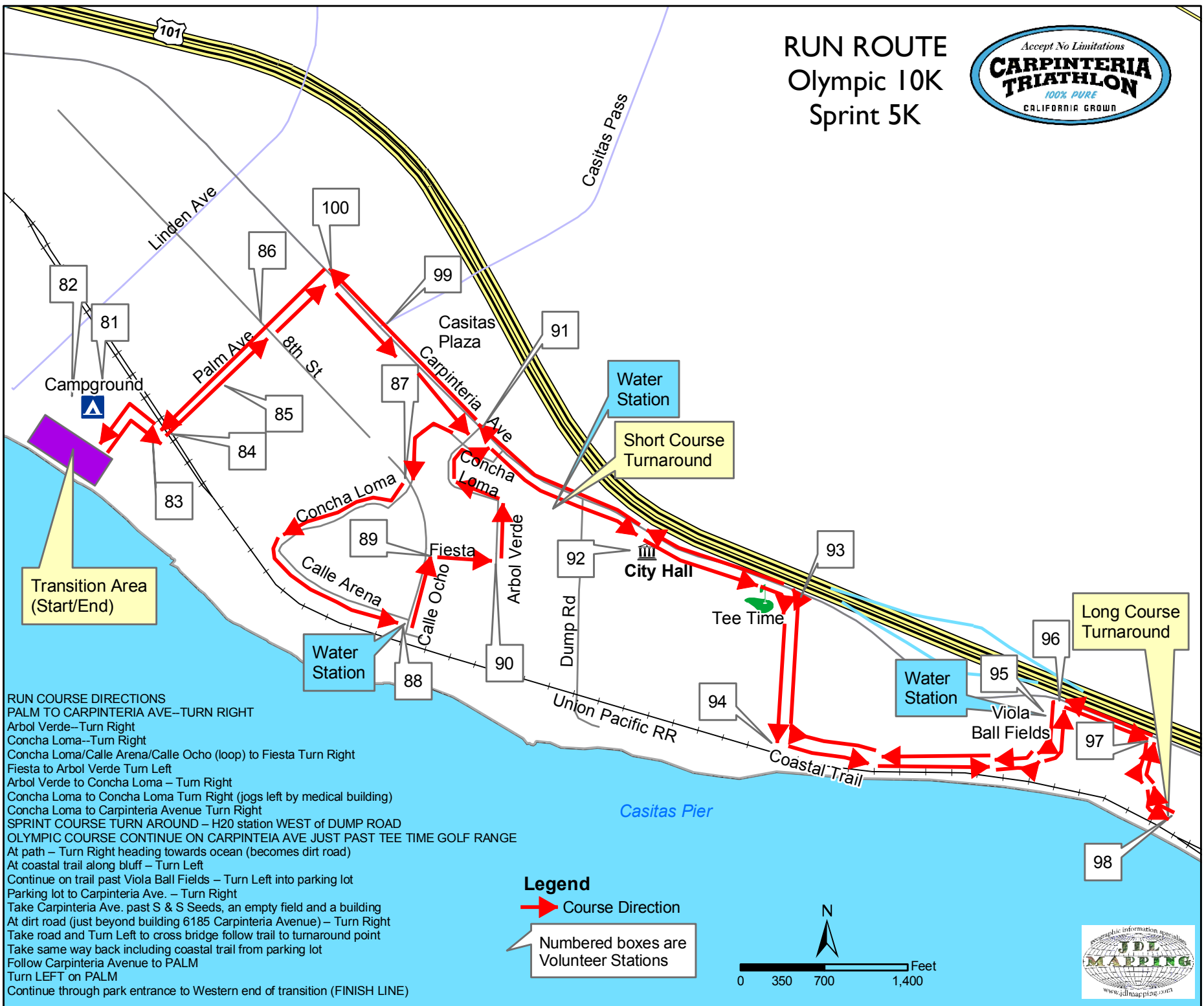


RUN ROUTE

Olympic 10K

Sprint 5K



RUN COURSE DIRECTIONS
 PALM TO CARPINTERIA AVE--TURN RIGHT
 Arbol Verde--Turn Right
 Concha Loma--Turn Right
 Concha Loma/Calle Arena/Calle Ocho (loop) to Fiesta Turn Right
 Fiesta to Arbol Verde Turn Left
 Arbol Verde to Concha Loma - Turn Right
 Concha Loma to Concha Loma Turn Right (jogs left by medical building)
 Concha Loma to Carpinteria Avenue Turn Right
SPRINT COURSE TURN AROUND - H2O station WEST of DUMP ROAD
OLYMPIC COURSE CONTINUE ON CARPINTERIA AVE JUST PAST TEE TIME GOLF RANGE
 At path - Turn Right heading towards ocean (becomes dirt road)
 At coastal trail along bluff - Turn Left
 Continue on trail past Viola Ball Fields - Turn Left into parking lot
 Parking lot to Carpinteria Ave. - Turn Right
 Take Carpinteria Ave. past S & S Seeds, an empty field and a building
 At dirt road (just beyond building 6185 Carpinteria Avenue) - Turn Right
 Take road and Turn Left to cross bridge follow trail to turnaround point
 Take same way back including coastal trail from parking lot
 Follow Carpinteria Avenue to PALM
 Turn LEFT on PALM
 Continue through park entrance to Western end of transition (FINISH LINE)

Legend

- Course Direction
- Numbered boxes are Volunteer Stations

