



AIA Endurance Run  
Distance: 17.08 km  
Elevation: 127.12 m (Max: 665.33 m)

ABC's to warm up, start slow and build as necessary. Form pace groups but faster ones loop back every 5-10 minutes to keep group together. double back same way as went out to pick up those that turned around early. Turn right after walking bridge on way back to get extra miles if needed (21km). water and bathrooms along route.

