

Fountain Lake

6:00 @ Meeting location

VITA Course

Swan Lake

Shields Lake

Maymont

Carillon Tower

Dogwood Dell

NOVICE WARM-UP  
1.13 MILES

INTERMEDIATE WARM-UP  
1.71 MILES

UPPER

LOWER

ALTERNATE

TOLL GATE





UPPER

Carillon Tower

Dogwood Dell

Pump House

TOWER

ALTERNATE

TOLL GATE



.15  
.15



.35  
.35



.25



.25  
.25

