

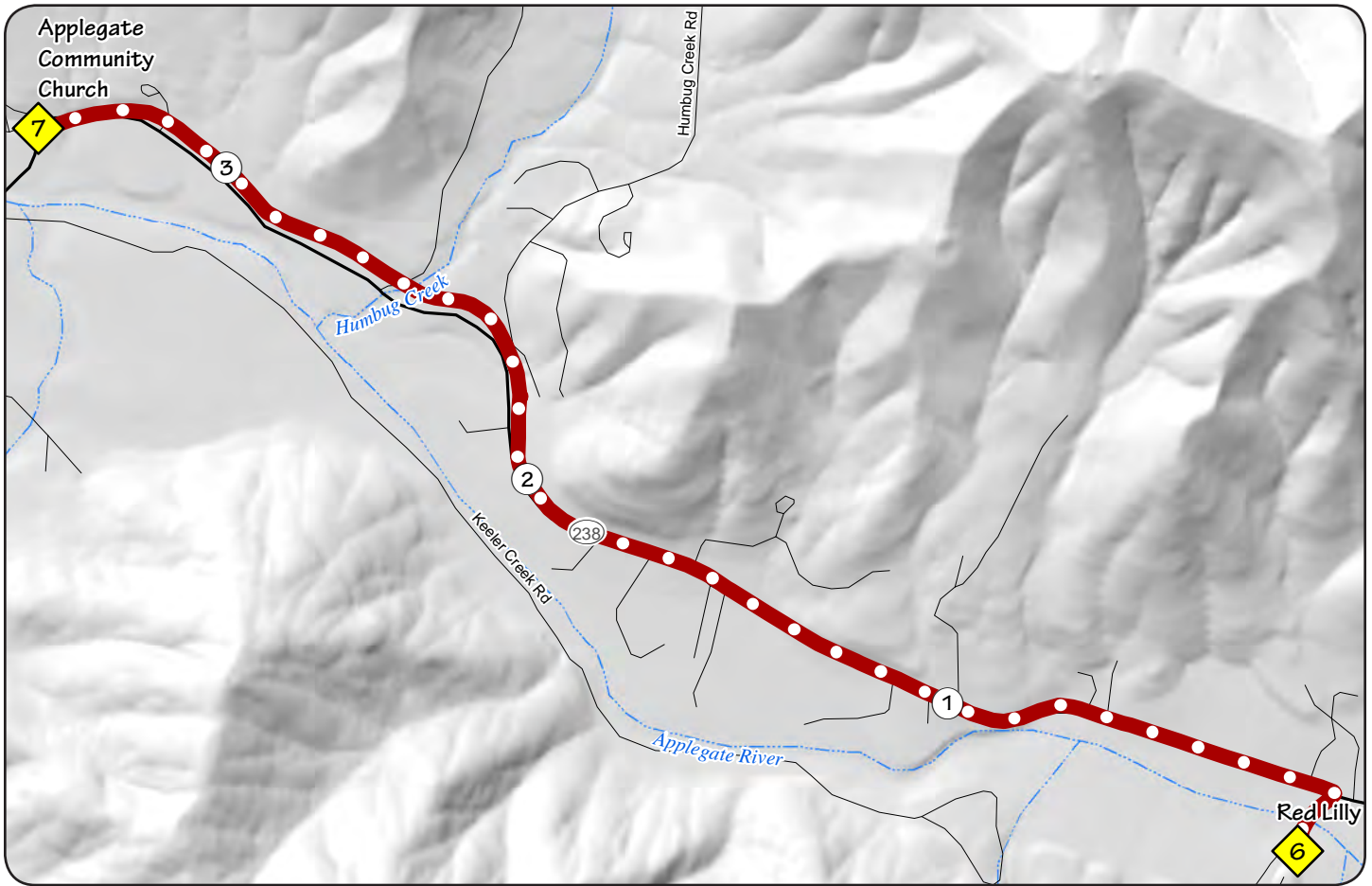
LEG 7 - 3.4 MILES - EASY



Ex 7 opens: 10:45 am
Run side: **LEFT, facing traffic**

Good Cell
Costume contest at Red Lilly

Safety equipment
hours: 7pm to 7am



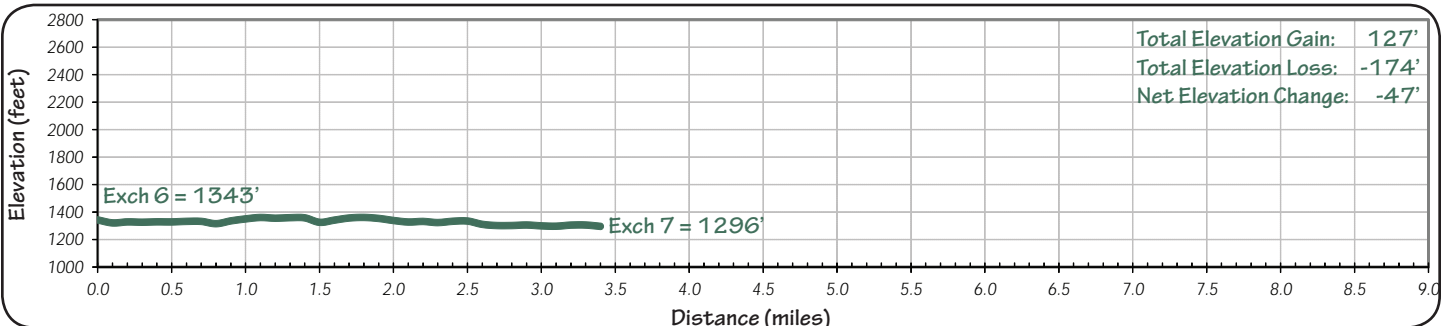
Leg description: A nice flat run on asphalt road. There is a limited shoulder, be cautious and keep an eye on approaching vehicles. Critical right turn just before the exchange at 3.4 miles.

Surface: Asphalt

Van Directions – Follow runner route, no support allowed on this leg due to high level of traffic. Park in the Church Parking lot at exchange.

From Red Lilly

- 0.0 Run 400 feet to the Bridge
- .2 Turn left on Hwy 238, run facing traffic on the left side of the Rd.
- .5 Mile Marker
- 1.1 Century farm on the right
- 1.5 Cool horse trailer converted into a sign
- 2.2 Humbug Creek Rd on right
- 3.2 Horner Ranch on right
- 3.4 Turn right to the exchange.



Total Elevation Gain: 127'
Total Elevation Loss: -174'
Net Elevation Change: -47'