



The race Starts/
Finishes in Estate
Southgate
(Cheeseburgers In
Paradise)

The race course has
rolling hills. The 6am
start is for making the
conditions more suitable
for all participants.

Aid Stations are
situated on the course
and will be stocked with
water, Gatorade,
sponges and ice...

The route for the race is
scenic and it is
challenging. Runners
will run in the left lane
the entire race on this
loop course.