

Official Coaches Packet

Directions:

South Lake Park

11111 San Miguel, Goodyear, AZ 85338

Exit from the I-10 W at Estrella/Pebble Creek Pkwy.

Turn **LEFT** onto Estrella Pkwy

Continue on Estrella Pkwy for about 9 Miles

Turn **RIGHT** on San Miguel

Continue on San Miguel until you see the "South Lake Park" sign, turn **RIGHT** into the parking lot. (Some GPS programs will tell you that you have arrived about 400m before the sign, CONTINUE ON SAN MIGUEL and you will see the sign on your right.)

You will be able to see the Start line from the parking lot.

Check In:

Check in at the large center Ramada. Teams may use the Ramadas along the Lake to set up camp. You will be given bibs and chips for each of your athletes. Please be sure to return all chips. See Clyde in the timer's tent for any last minute changes.

Start Times:

Men: 8:00 AM

Women: 8:45 AM

Awards: 9:30 AM

Course:

Please find an updated course map in your packet. Men will run 1 large loop and 1 small loop. Women will run 1 large loop. Check out video course maps for both 5k and 8k by clicking the link sent via email.

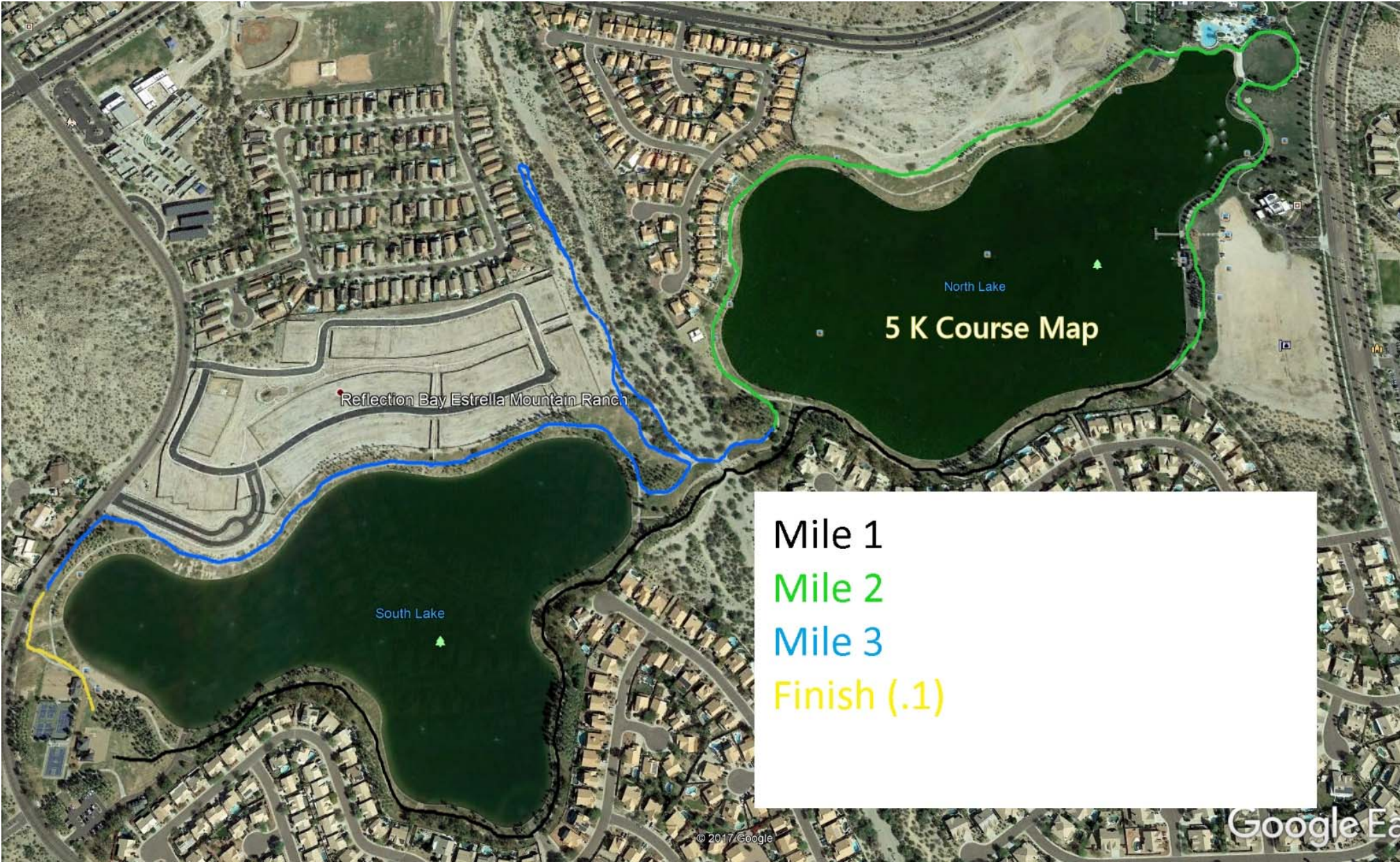
Clean Up:

The park, walkways and trail are being used with kind permission from the Estrella HOA. Please use the trash bags included in your packets to pick up all trash and other items before you leave. Please remember to be courteous to all pedestrians and spectators as most are residents of this beautiful community.

Men's 8K Course



Women's 5K Course



5 K Course Map

- Mile 1
- Mile 2
- Mile 3
- Finish (.1)