

**DAY 3
RUN COURSE
84 KM
(3 x 28 KM Loops)**

**A - START /FINISH
0/28/56/84**

**B - ALLENDALE TURN
7.2/35.2/63.2**

**C - LANDFILL TURN
16.1/44.1/72.1**

**D - EASTSIDE ROAD
23.3/51.3/79.3**

