

Lake Elmo Run – Paddle – Run

Participants will run the designated course around Lake Elmo State Park.

- 1st Run Leg is 1 loop (1.5 miles) of the Run Course
 - Paddle 800 meters
- 2nd Run Leg is 1 loop (1.5 miles) of the Run Course



Paddle Course 800 Meters around the orange buoy



Transition Area

