



42KM COURSE MAP

LEGEND

- 1 LOOP 1
- 11 LOOP 2
- 21 LOOP 3
- 31 LOOP 4

 **HYDRATION STATION**
 Gatorade & water
 * Basic medical aid at every other hydration station

 **PUMPED UP STATION**
 * More Gatorade and water
 * Plus: gel, sponges, bananas, chocolates, massage sticks, ice and petroleum jelly.

 **DREAM CHASER STATION**

 **PORTALET**

 **AMBULANCE**

 **BAND / MOBILE**

 Sun Life |  GOWELL

 GATORADE

 FILINVEST CITY



** NOT ACTUAL SIZE