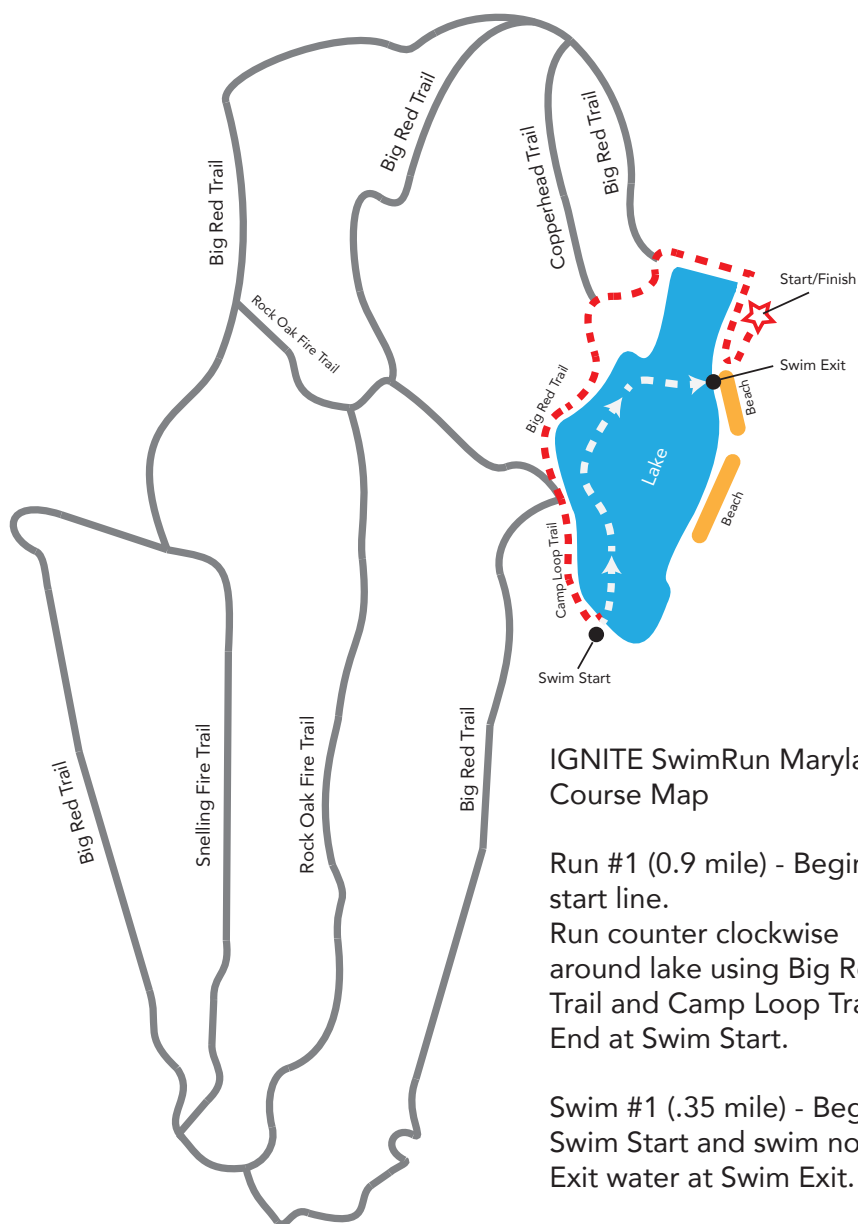




Greenbrier State Park – Long Course Maps  
7-Run Legs: 14.1mi, 6- Swim Legs: 2.1mi

Run #1 & Swim #1



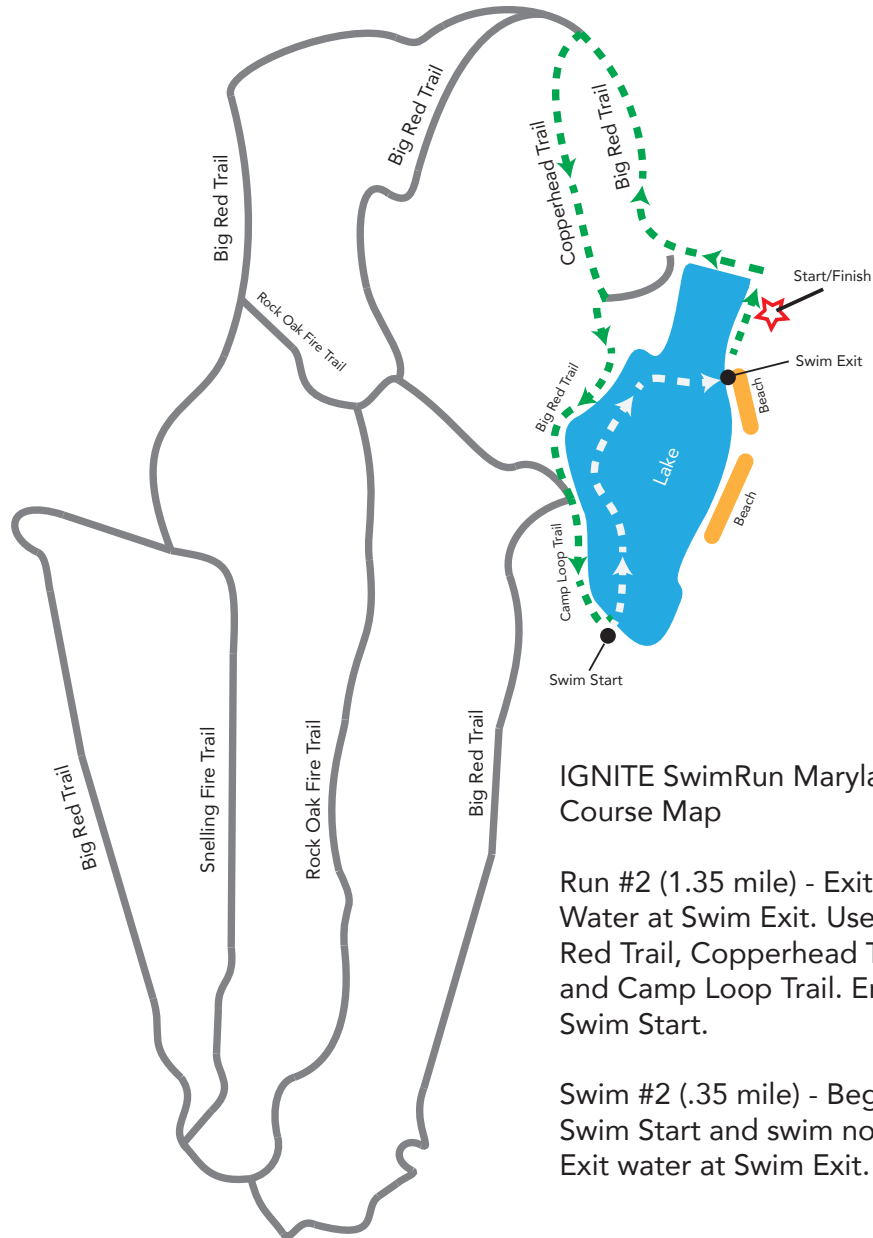
IGNITE SwimRun Maryland  
Course Map

Run #1 (0.9 mile) - Begin at  
start line.

Run counter clockwise  
around lake using Big Red  
Trail and Camp Loop Trail.  
End at Swim Start.

Swim #1 (.35 mile) - Begin at  
Swim Start and swim north.  
Exit water at Swim Exit.

## Run #2 & Swim #2

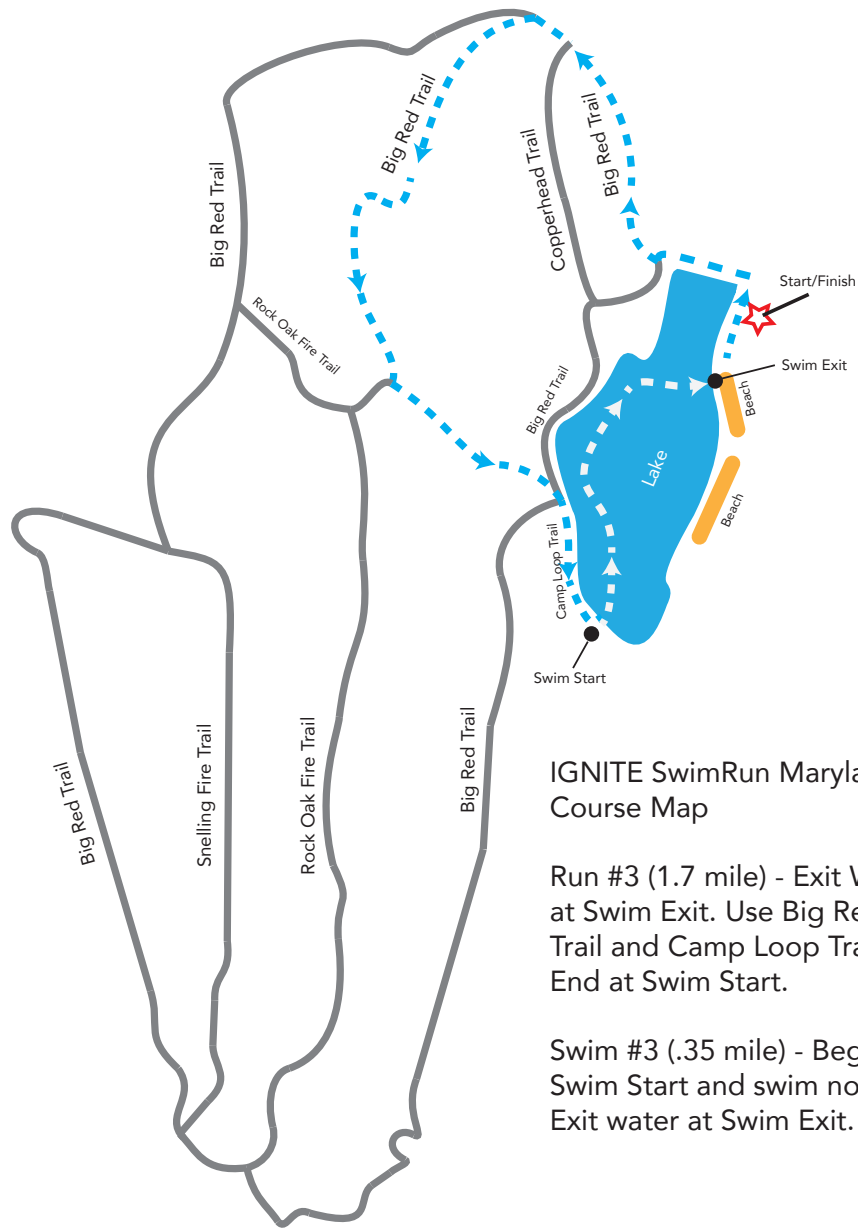


### IGNITE SwimRun Maryland Course Map

Run #2 (1.35 mile) - Exit  
Water at Swim Exit. Use Big  
Red Trail, Copperhead Trail  
and Camp Loop Trail. End at  
Swim Start.

Swim #2 (.35 mile) - Begin at  
Swim Start and swim north.  
Exit water at Swim Exit.

## Run #3 & Swim #3



### IGNITE SwimRun Maryland Course Map

Run #3 (1.7 mile) - Exit Water  
at Swim Exit. Use Big Red  
Trail and Camp Loop Trail.  
End at Swim Start.

Swim #3 (.35 mile) - Begin at  
Swim Start and swim north.  
Exit water at Swim Exit.

## Run #4 & Swim #4

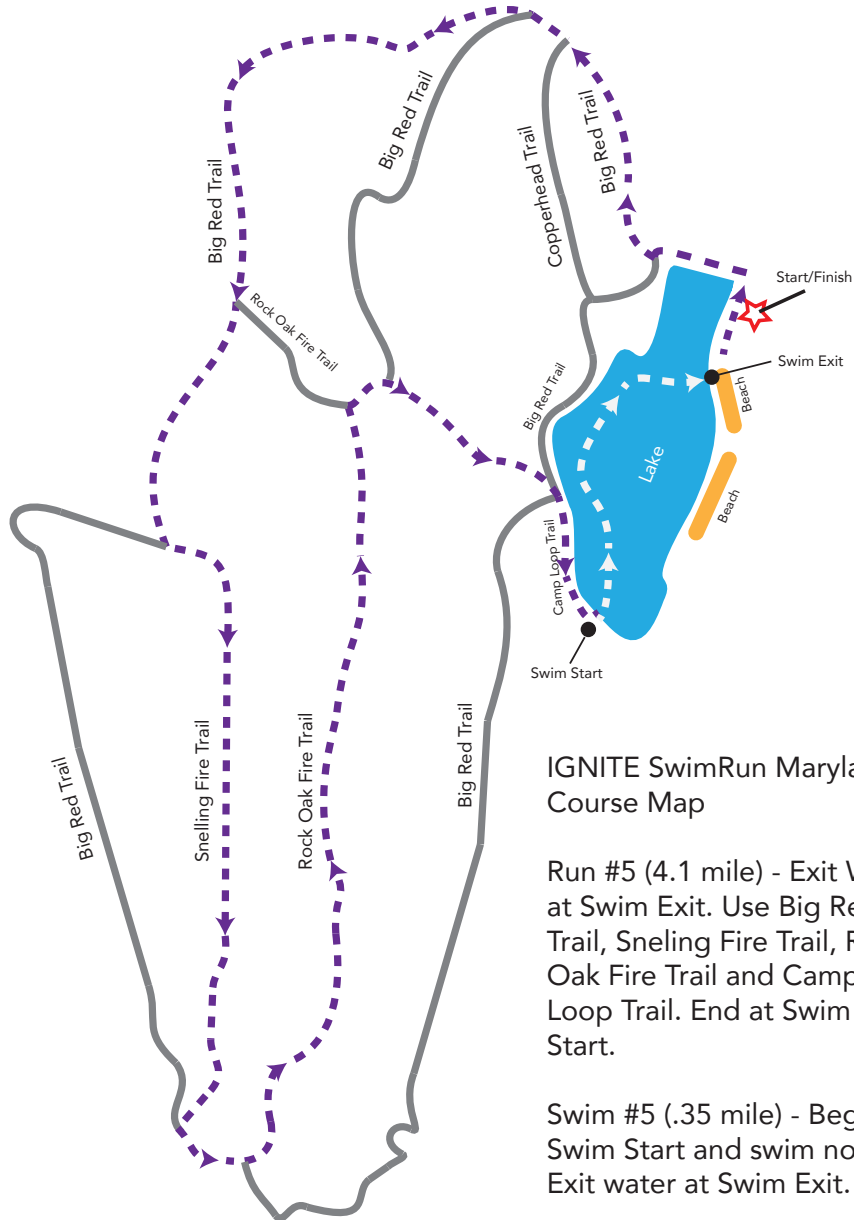


### IGNITE SwimRun Maryland Course Map

Run #4 (2.0 mile) - Exit Water at Swim Exit. Use Big Red Trail, Rock Oak Fire Trail and Camp Loop Trail. End at Swim Start.

Swim #4 (.35 mile) - Begin at Swim Start and swim north. Exit water at Swim Exit.

## Run #5 & Swim #5



### IGNITE SwimRun Maryland Course Map

Run #5 (4.1 mile) - Exit Water at Swim Exit. Use Big Red Trail, Snelling Fire Trail, Rock Oak Fire Trail and Camp Loop Trail. End at Swim Start.

Swim #5 (.35 mile) - Begin at Swim Start and swim north. Exit water at Swim Exit.

## Run #6 & Swim #6



### IGNITE SwimRun Maryland Course Map

Run #6 (4.0 mile) - Exit Water  
at Swim Exit. Use Big Red  
Trail and Camp Loop Trail.  
End at Swim Start.

Swim #6 (.35 mile) - Begin at  
Swim Start and swim north.  
Exit water at Swim Exit.

## Run #7

