

Half marathon course description

Distance (mi)	Description
0	Start on the Medicine Bow Rail Trail at the Lake Owen trailhead.
0.5	Turn left onto the Lake Owen loop. This turn will be marked. You will cross one road and run past the campground. Be courteous to others recreating at the lake. Be careful—watch for traffic! Once you reach the start line again, continue the same direction you went when you started.
2.2 (aid station)	Cross Forest Service Road 540 and continue along the rail trail. This is the turn in for the Lake Owen Campground. Be careful—watch for traffic! You'll also reach the Lake Owen South aid station for the first time at this point.
7.1 (aid station)	Arrive at the Lincoln Gulch trailhead aid station. Grab some refreshments, then turn around and go back the way you came.
11.9 (aid station)	Arrive at the Lake Owen South aid station for the second time and start your second Lake Owen loop.
13.1	Finish on the northwest side of Lake Owen near where you started.