

Middleton Run Course Map



Long Course (approx. 1.2 miles): Athletes complete 4 laps from the athlete entrance to the track before continuing to cross the finish line.

Medium/Intermediate Course (approx. 0.7 miles): Athletes complete 2 laps from the athlete entrance to the track before continuing to cross the finish line.

Short Course (approx. 0.2 miles): Athletes run directly to the finish line.

For Long course and Medium/Intermediate course, volunteers will ask athletes how many laps they have completed and will direct athletes to the finish chute when athletes state that they have completed their laps. Athletes are responsible for counting their own laps.