

Run:

Ages 7-8 will run 3/4 of a mile. Ages 9-12 will run a total of 1 mile. Ages 13-14 will run 3 miles. The course runs north on the Greenway Path from Sarg Hubbard Park. Runners stay to the right on pathway.

Bike:

The course runs South along the pathway. Distances are approximately 1.4 miles for ages 7-8, 2.5 miles for ages 9-12 and 6 miles for ages 13-14. **ANSI approved helmets are required.**

Steeple Chase:

Jump, potato sack, hoola hoop.

Water Course:

(Ages 7-8 do not participate in this leg.) The course is run on the Reflection Pond located at Robertson Amphitheatre. Ages 9-12 circle the smaller course once and ages 13-14 will circle the bigger. The course will be marked with buoys. Boats and paddles will be provided to all participants by the Gap2Gap. **Wearing of a US Coast Guard type I or III PFD and ANSI approved helmet is mandatory.** PFDs must remain on until after the exchange is complete.

Obstacle Course:

Contained within Sarg Hubbard Park. (Including a slip n slide) All Ages. No cleated or spiked shoes. Water involved and you will get wet.