

KAISER PERMANENTE®

get fit RELAY



Saturday – Nov. 5, 2016



6 PERSON TEAM (36 MILES)

Participant	Course	Mileage
Runners 1 and 2	Blue	3
Runners 3 and 4	Blue	3
Runners 5 and 6	Blue	3
Runners 1 and 2	Red	3
Runners 3 and 4	Red	3
Runners 5 and 6	Red	3

Total 36

— BLUE COURSE
— RED COURSE

RELAY START
RELAY FINISH
HANDOFF AREA

EACH RUNNER RUNS 6 MILES