30th Adventure HQ Wadi Bih Run

Course - Solo 70 KM (two loops of 35 KM)

- Start to CP 1 - 1.5 KM
- CP 1 to CP 2 - 3.8 KM
- CP 2 to CP 3 - 2.2 KM
- CP 3 to CP 4 - 1.3 KM
- CP 4 to CP 5 - 3.7 KM
- CP 5 to CP 6 - 2.5 KM
- CP 6 to CP 7 - 6.3 KM
- CP 7 to CP 8 - 4.5 KM
- CP 8 to CP 9 - 2.4 KM
- CP 9 to CP 10 - 4.9 KM
- CP 10 to Finish - 2 KM

Proceed to run the loop once again. NOT REVERSE.

Support stations for solo runners available at CP 2, CP 4, CP 6, CP8, and CP 10.