LIVESTRONG CHALLENGE

PRESENTED BY

PORTLAND

10-mile option in **YELLOW**

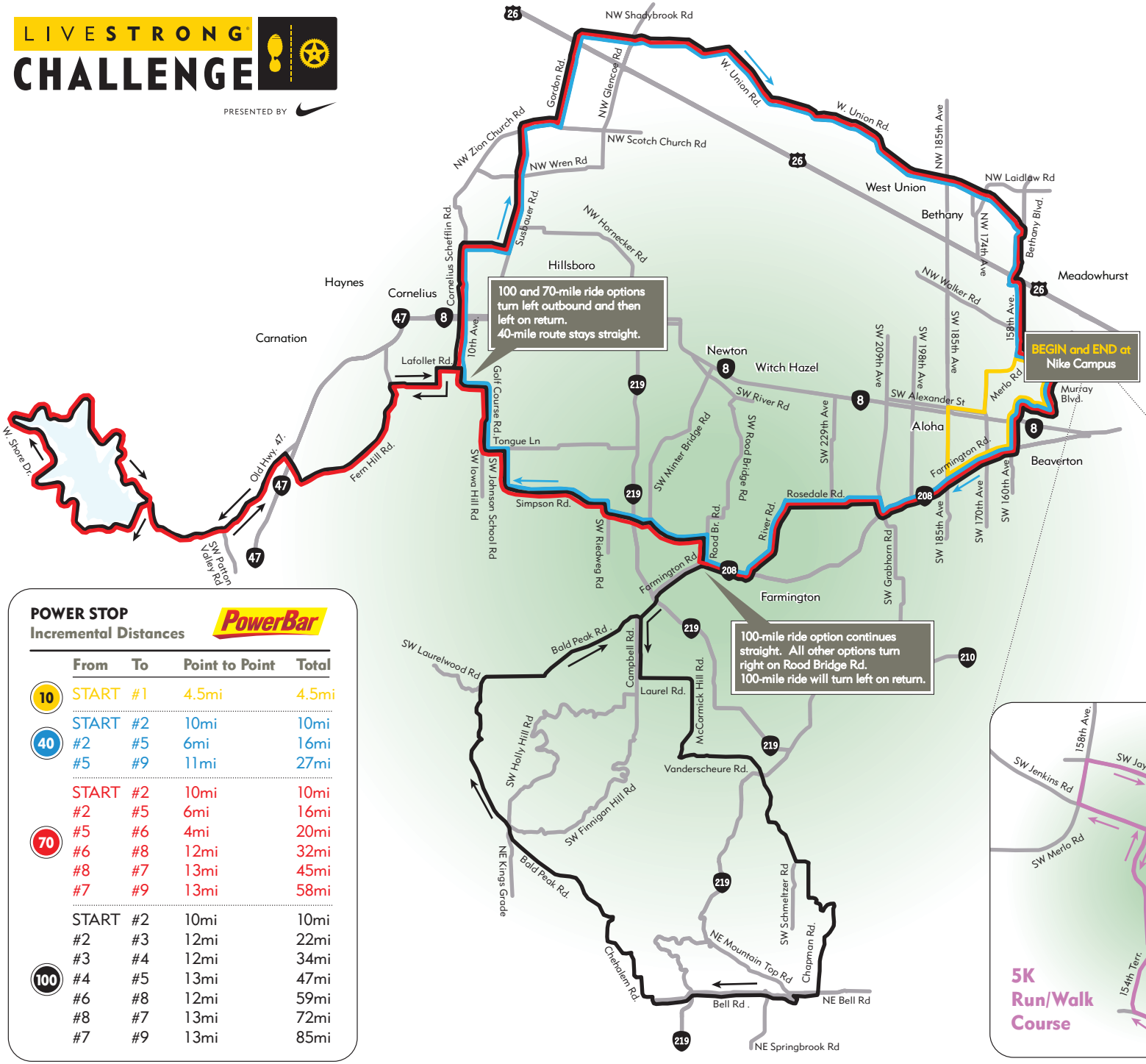
40-mile option in **BLUE**

70-mile option in **RED**

100-mile option in **BLACK**

The 10, 40 & 70-mile options turn off of and back onto the 40-mile option at the locations indicated. The 100-mile uses both the red and black routes while the 70-mile does the red only.

Event begins at 7:30 a.m.
COURSES CLOSE AT 4:00 p.m.



POWER STOP
Incremental Distances

PowerBar

	From	To	Point to Point	Total
10	START	#1	4.5mi	4.5mi
40	START	#2	10mi	10mi
	#2	#5	6mi	16mi
	#5	#9	11mi	27mi
70	START	#2	10mi	10mi
	#2	#5	6mi	16mi
	#5	#6	4mi	20mi
	#6	#8	12mi	32mi
	#8	#7	13mi	45mi
	#7	#9	13mi	58mi
100	START	#2	10mi	10mi
	#2	#3	12mi	22mi
	#3	#4	12mi	34mi
	#4	#5	13mi	47mi
	#6	#8	12mi	59mi
	#8	#7	13mi	72mi
	#7	#9	13mi	85mi