

21km Runners  
Turn Right  
All others  
Turn Left

21km Only Right  
30km  
42.2km ALL LEFT  
50km

Distances shown (-2km for Marathon)



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**AID 3 PINE FOREST**

Distance	Start	Arrive	Bib #s
50km	7:30	8:30	501 -
42.2km	8:30	9:30	401 -
30km	9:00	10:00	301 -
21.1km	9:30	10:30	201 -

**THE PINE FOREST  
Mt Macedon**