

SEATTLE GHOST COURSE DISTANCES

Seattle Ghost Half Marathon Course Description 13.1 mi

Aid	Course Point Name	TOTAL	LEG	Course Leg Description
Aid	Start/Finish	0.00	0.00	Start North of Start/Finish Line and run South to Seward Park
Aid	Seward Park Loop	3.60	3.60	Follow the lake and stay left to run a clockwise loop of Seward Park back to start/finish
Aid	Leschi Aid	7.40	3.80	Run North along the lake to Leschi Aid Station
	North Turnaround	8.35	0.95	Run North along the lake to North Turnaround
Aid	Leschi Aid	9.30	0.95	Run South along the lake to Leschi Aid Station
Aid	Finish	13.10	3.80	Run South along the lake to Finish Line

Seattle Ghost Marathon Course Description 26.2 mi

Aid	Course Point Name	TOTAL	LEG	Course Leg Description
Aid	Start/Finish	0.00	0.00	Start North of start/finish line and run South to Seward Park
Aid	Seward Park Loop	3.60	3.6	Follow the lake and stay left to run a clockwise loop of Seward Park back to start/finish
Aid	Leschi Aid	7.40	3.8	Run North along the lake to Leschi Aid Station
	North Turnaround	8.35	0.95	Run North along the lake to North Turnaround
Aid	Leschi Aid	9.30	0.95	Run South along the lake to Leschi Aid Station
Aid	Start/Finish	13.10	3.8	Run South along the lake to Start/Finish Line
Aid	Seward Park Loop	16.70	3.6	Follow the lake and stay left to run a clockwise loop of Seward Park back to start/finish
Aid	Leschi Aid	20.50	3.8	Run North along the lake to Leschi Aid Station
	North Turnaround	21.45	0.95	Run North along the lake to North Turnaround
Aid	Leschi Aid	22.40	0.95	Run South along the lake to Leschi Aid Station
Aid	Finish	26.20	3.8	Run South along the lake to Finish Line

Seattle Ghost 50K Course Description 31.0 mi

Aid	Course Point Name	TOTAL	LEG	Course Leg Description
Aid	Start/Finish	0.00	0.00	Start North of start/finish line and run South to Seward Park
Aid	Seward Park Loop	3.60	3.6	Follow the lake and stay left to run a clockwise loop of Seward Park back to start/finish
	50K Turn Around	4.12	0.52	Run North to 50K Turn Around
Aid	Start/Finish	4.64	0.52	Run South to Start/Finish
Aid	Seward Park Loop	8.24	3.6	Follow the lake and stay left to run a clockwise loop of Seward Park back to start/finish
Aid	Leschi Aid	12.04	3.8	Run North along the lake to Leschi Aid Station
	North Turnaround	12.99	0.95	Run North along the lake to North Turnaround
Aid	Leschi Aid	13.94	0.95	Run South along the lake to Leschi Aid Station
Aid	Start/Finish	18.00	4.06	Run South along the lake to Start/Finish Line
Aid	Seward Park Loop	21.60	3.6	Follow the lake and stay left to run a clockwise loop of Seward Park back to start/finish
Aid	Leschi Aid	25.40	3.8	Run North along the lake to Leschi Aid Station
	North Turnaround	26.35	0.95	Run North along the lake to North Turnaround
Aid	Leschi Aid	27.30	0.95	Run South along the lake to Leschi Aid Station
Aid	Finish	31.10	3.8	Run South along the lake to Finish Line