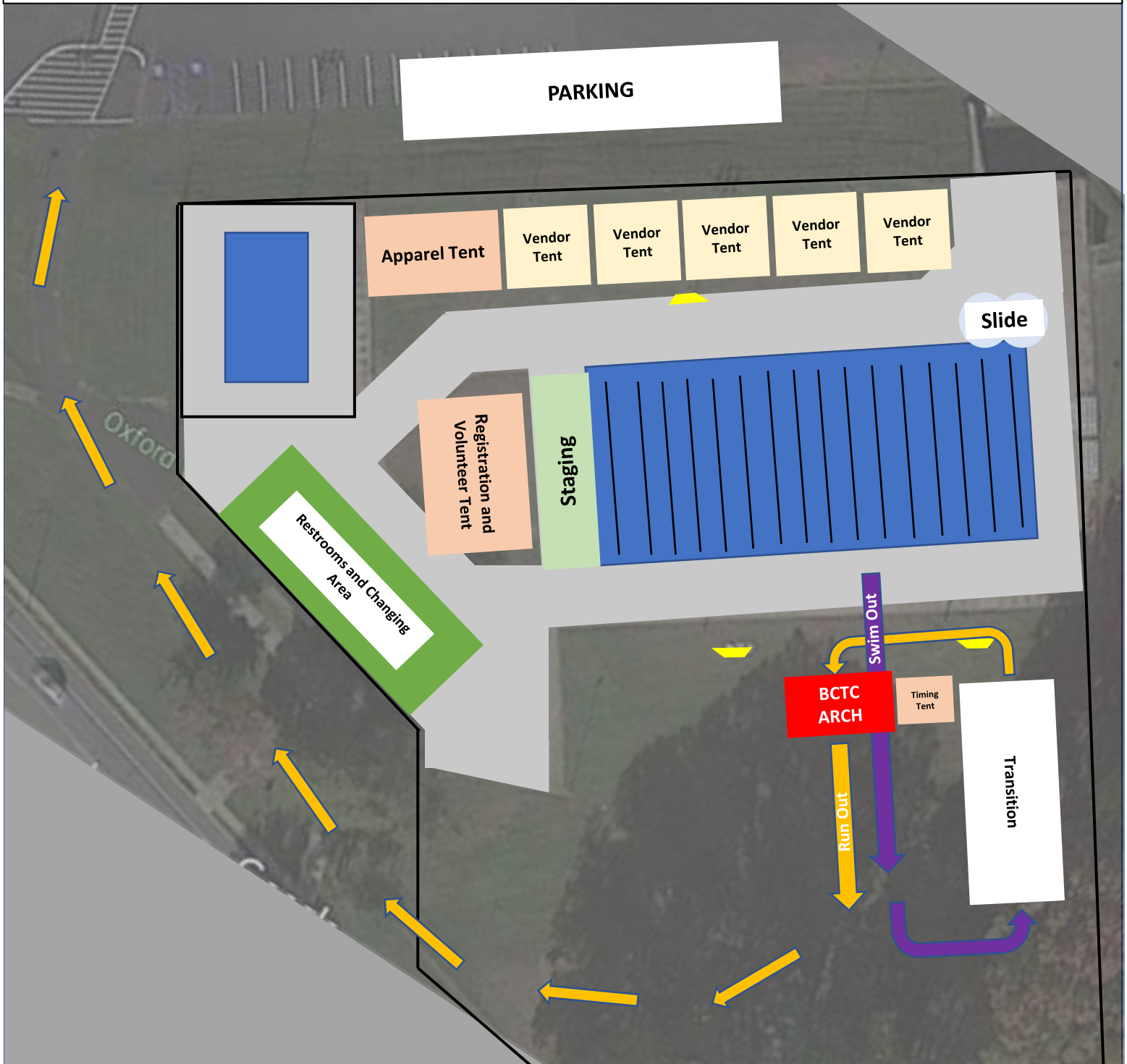


2023 - Splash 'N' Dash – Oxford Valley Pool and Transition



Racers will Start and Finish the swim from the front side of the pool. (Opposite from the slide.)

After Exiting the pool, racers must exit the pool deck through the BCTC Arch and enter Transition from the front side. (NO RUNNING ON THE POOL DECK!)

After putting on shoes, racers will exit from the back of Transition and run back through the BCTC Arch to begin the run.

2023 - Splash 'N' Dash – ½ Mile Run - Ages 6-9



Kids Race:

Splash: Kids ages 6-9 will swim 50 yards in an outdoor pool

Dash: Kids ages 6-9 will run 1/2 mile

The run begins by running through the BCTC Arch, out the front pool area and into Oxford Valley Park.

Runners then head out to Lake Caroline to the 1st footbridge, make a U-turn, and return to the finish line using the same path.

2023 - Splash 'N' Dash – 1 Mile Run - Ages 10-12



Kids Race:

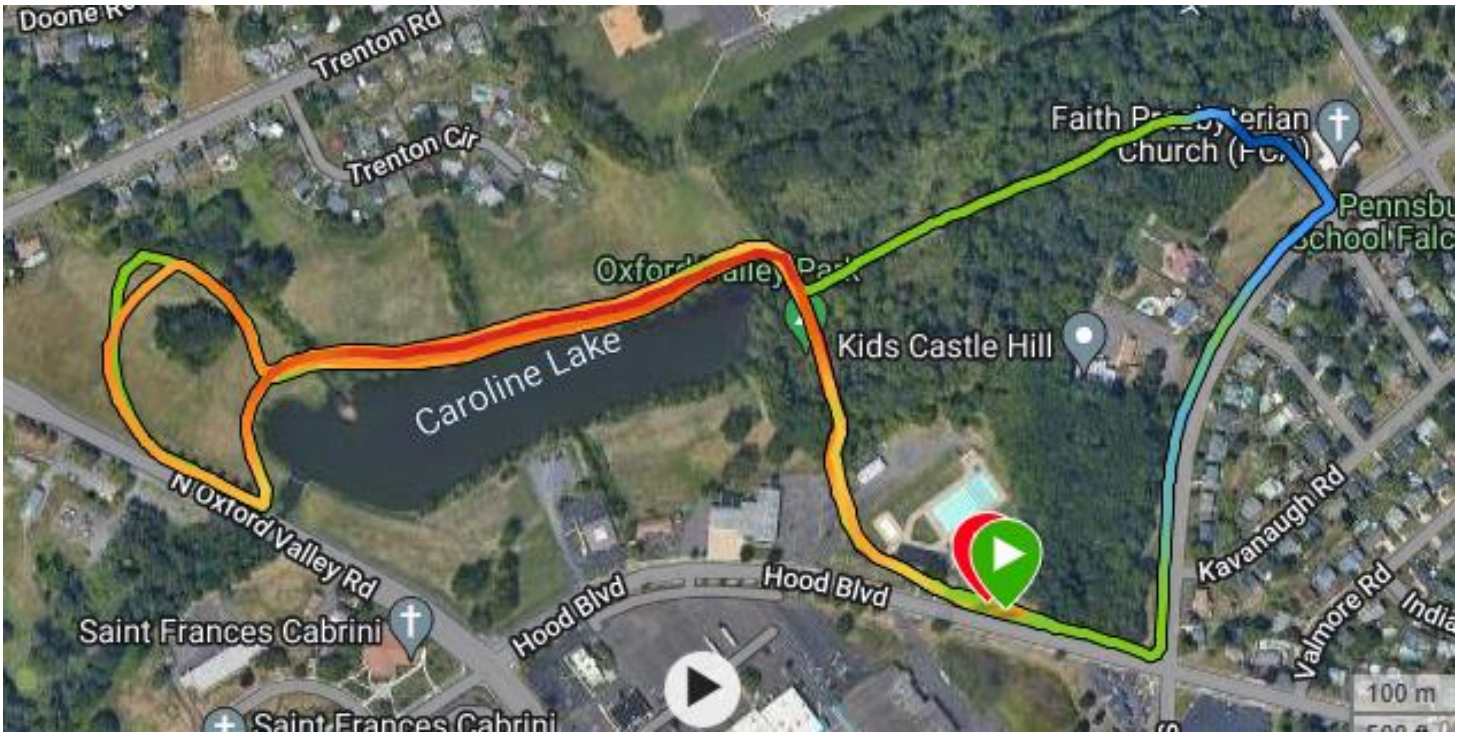
Splash: Kids ages 10-12 will swim 100 yards in an outdoor pool

Dash: Kids ages 10-12 will run 1 mile

The run begins by running through the BCTC Arch, out the front pool area and into Oxford Valley Park.

Runners then head out around to the back of Lake Caroline, over 3 footbridges, make a U-turn, and return to the finish line using the same path.

2023 - Splash 'N' Dash – 5K Run – Adults (13+)



Splash: Adults will swim 200 yards in an outdoor pool 8 lengths

Dash: Adults will run 3.1 miles (5K)

The run begins by running through the BCTC Arch, out the front pool area and into Oxford Valley Park.

Park Loop 1 takes runners around to the back of Lake Caroline, over 3 footbridges, around the field, and back.

The Neighborhood Loop begins with a left turn after the 3rd footbridge following a trail by Queen Anne Creek, turns right onto the sidewalk on S. Olds Blvd, right onto the sidewalk on Hood Blvd, and then runs back around the pool and back into Oxford Valley Park.

Park Loop 2 is the same as Park Loop 1. After the 3rd footbridge runners return to the pool, back into the front gate, and finish at the BCTC Arch.