



HOOD *to* COAST

RACE SERIES
CRAWFISH CRAWL

HOW IT WORKS

TEAMS OF FOUR
RUNNERS/WALKERS

ONE LEG

2.0
MILE
COURSE

EACH
RUNNER

2
LEGS

EACH
WALKER

1
LEG

EXCHANGE ZONE



WHERE EACH RUNNER/WALKER
HANDS OFF TO NEXT TEAMMATE

