

5KM COURSE (WELL ACTUALLY CLOSER TO 5.4 KM?) :

FROM F4/17 RUN TO NEXT SIMPANG AND TAKE BIKE PATH TO BEACH PASSING THE CLUB THEN ALONG BEACH ROAD TO RAMPAYOH SCHOOL AND ONTO BIKE PATH  
FOLLOW BIKE PATH BUT INCLUDE EACH OF THE THREE TRIANGLE DETOURS. REMEMBER AFTER 1<sup>ST</sup> AND 2<sup>ND</sup> DETOUR TO SKIP ONE ROAD OTHERWISE END UP IN A DEADEND  
CROSSOVER ROAD JUST BEFORE SUPASAVE ROAD AND FOLLOW BIKE PATH BACK WITH TURN TO INSIDE ROAD BIKEPATH AND BACK TO F4/17

10KM COURSE (MAYBE A LITTLE OVER 10KM?):

SAME AS 5KM COURSE BUT WHEN ON INSIDE ROAD BIKEPATH COMING BACK TOWARDS START TURN RIGHT FOR SECOND LOOP AT THE BIKEPATH TO CLUB

