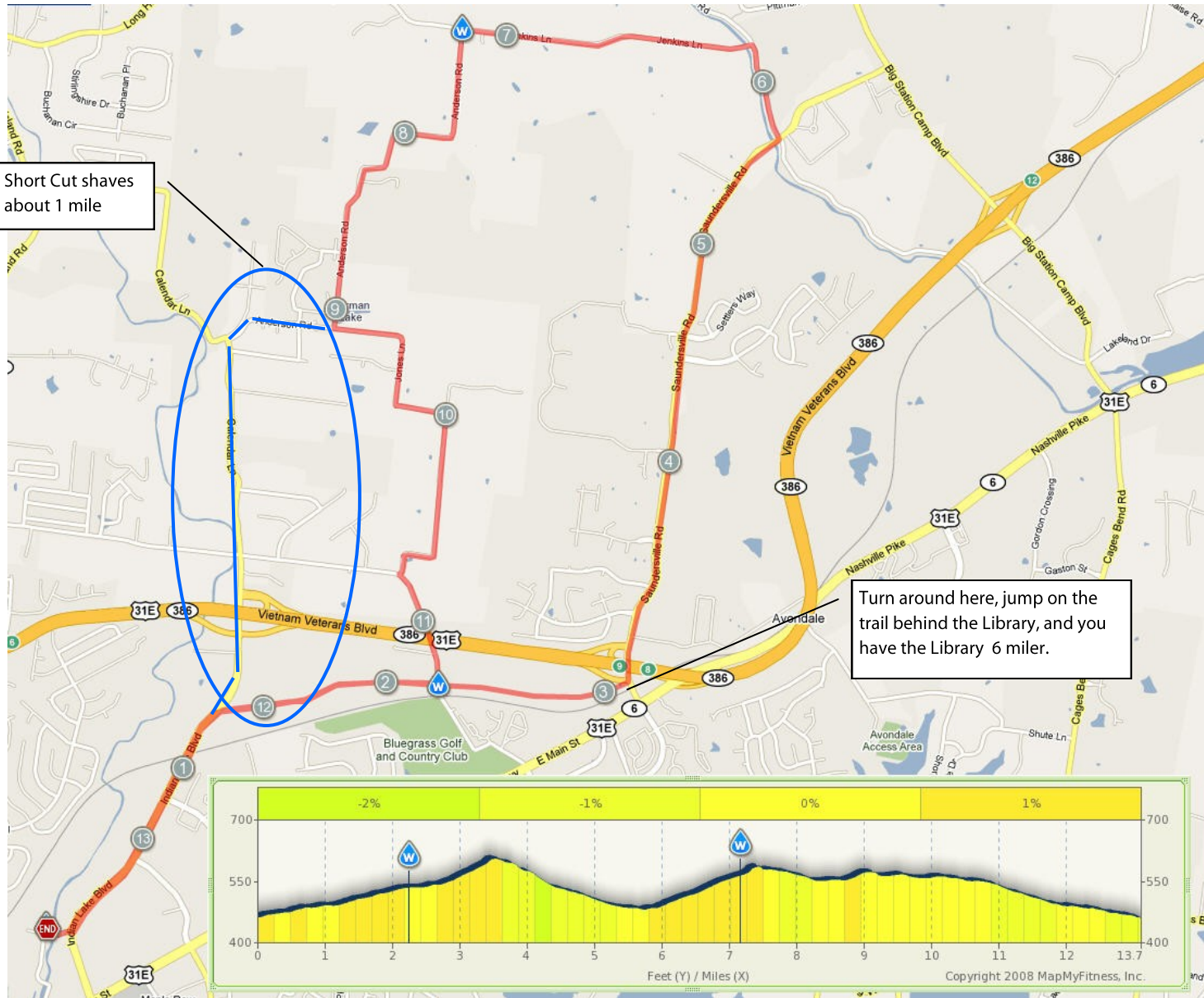




HRC Half(Also known as Boomers Half)(13.5 miles)



This course represents some of the best of Hendersonville running, with the exception of miles 3-6 the course is set in Rural Hendersonville, rolling hills, beautiful estates, and very little traffic. It has become a staple of our long and medium runs. We place water at mile 7 and occasionally during hot days at Stop 30. There is only one shortcut after you turn left at mile 3 and that's at Mile 9. You can turn right on Anderson to Indian Lake, turn left. It is a bit tight so watch carefully for cars—it will shave about a mile.