

| Race Category | Directions |
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| U6 (1 km) | Follow orange. Turn back at point A. |
| U8 (1.5km) | Follow blue. Turn back at point B. |
| U10 (2 km) | Follow pink. Turn back at point C. |
| U12 (2 km) | Follow pink. Turn back at point C. |
| U14 (3.5 km) | Follow Yellow. Turn back at point D. |
| U16 (4.5 km) | 1 st lap: Follow yellow and turn back at point D. 2 nd lap: Follow blue and turn back at point B. |
| U18 (5 km) | 1 st lap: Follow yellow and turn back at point D. 2 nd lap: Follow pink and turn back at point C. |
| Senior (7 km) | Do yellow trail twice. (Turning back at point D.) |

