



Men's Course - 8K

- Green Inner loop complete 3 loops on 4th loop exit at gate (blue)
- Run road and woods (blue)
- Enter gate - run half loop backwards (red)
- Finish between ball fields

Women's Course - 6K

- Green Inner loop complete 1 loop including dotted line on 2nd loop exit at gate (blue)
- Run road and woods (blue)
- Enter gate - run half loop backwards (red)
- Finish between ball fields