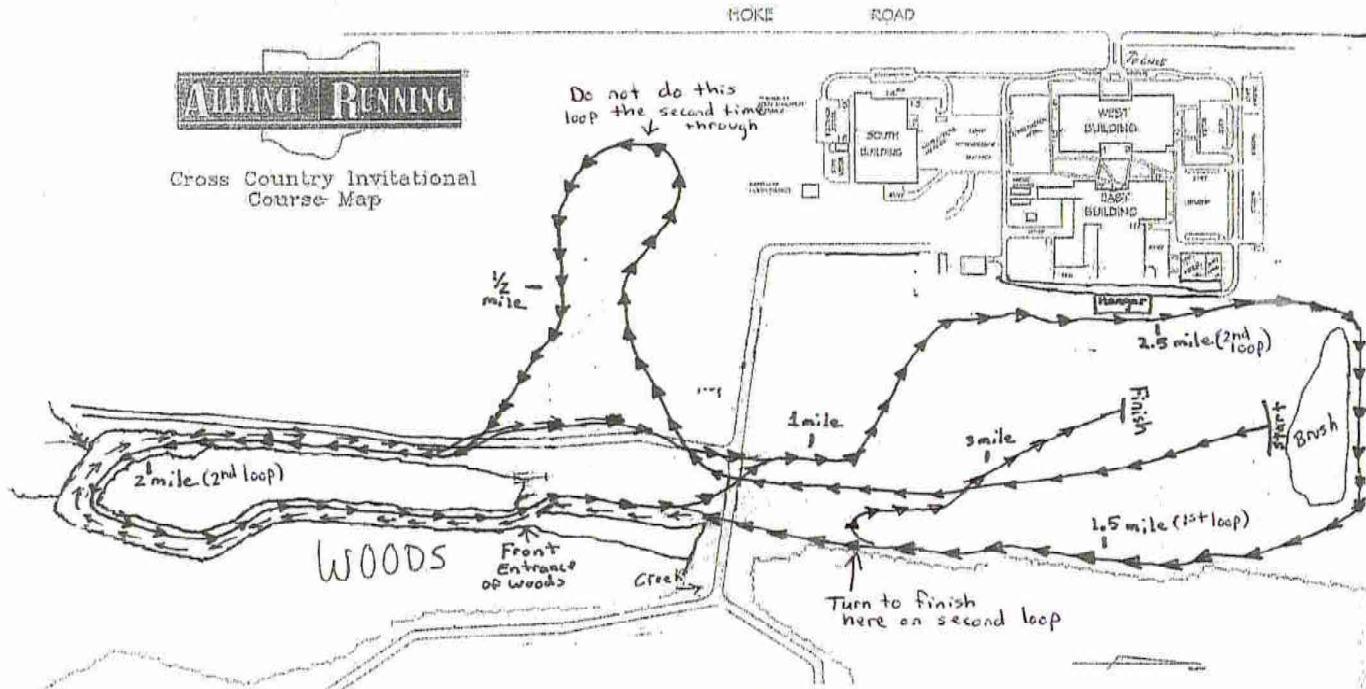


# ATHLETIC RUNNING

## Cross Country Invitational Course Map



1. The course consists of two loops.
2. Runners will run down the runway at the start and make a right and head up the hill once they cross the road. After the hill loop, they will run along the woods near the road and enter the woods at the back. This is different than in the past. We hope this thins out the field a bit.
3. On the second loop, runners will enter the woods in the front. They will not do the hill on the second loop through.


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