

## Men's 8k- All loops counter clockwise

- Start
- Short Field Loop, Long Field Loop
- Long Upper Loop, Long Field Loop
- Short Upper Loop, Long Field Loop
- Finish

Start line down the hill, through the intersection to a Short lower soccer field loop (Counter Clockwise) Passing 1k near the finish

At intersection make a left to do a Long lower soccer field loop (Counter Clockwise) Passing 2k in the far corner

At the intersection make a right up the hill down and down the back side past the dog park for a Long upper loop (Counter Clockwise) Passing 3k on the way down the back hill, and 4k approaching the intersection.

At the intersection make a right to complete a Long lower soccer field loop (Counter clockwise) Passing 5k in the far corner

At the intersection make a right up the hill and down the middle hill for a short upper loop (Counter Clockwise) Passing 6k at the top of the short steeper down hill

At the intersection make a right to complete a final large lower soccer field loop to the finish. Passing 7k at the top corner of the lower fields.



## Women's 5k- All loops counter clockwise

- Start
- Short Field Loop (Yellow), Long Field Loop (Blue)
- Upper Loop (Blue), Long Field Loop (Red)
- Finish

Start line down the hill, through the intersection to a Short lower soccer field loop (Counter Clockwise) Passing 1k near the finish

At intersection make a left to do a Long lower soccer field loop (Counter Clockwise) Passing 2k in the far corner

At the intersection make a right up the hill down and left down the steep hill passing 3k .

At the intersection make a right to complete a final large lower soccer field loop to the finish. Passing 4k at the top corner of the lower fields.

