



1. Start at manhole covers
2. Around fire hydrant (White dot = Fire Hydrant) = Approx. 420m into race
3. Come out of trail next to track by Long Jump & 55m Start.
4. 1000M approximate halfway around turn
5. Around fire hydrant (approximately 1600m)
6. Through gate to guardrail (2000m to guardrail)
7. Around fire hydrant
8. Back around fire hydrant #2 and into trail again.
9. 2 Mile mark on turn of track
10. Across field and around baseball field
11. Finish at the start (manhole covers) TOTAL DISTANCE = 2.58 MILES/4056 METERS

**Buses can drop off and stay in the parking lot on the East side (track side) of the building.**