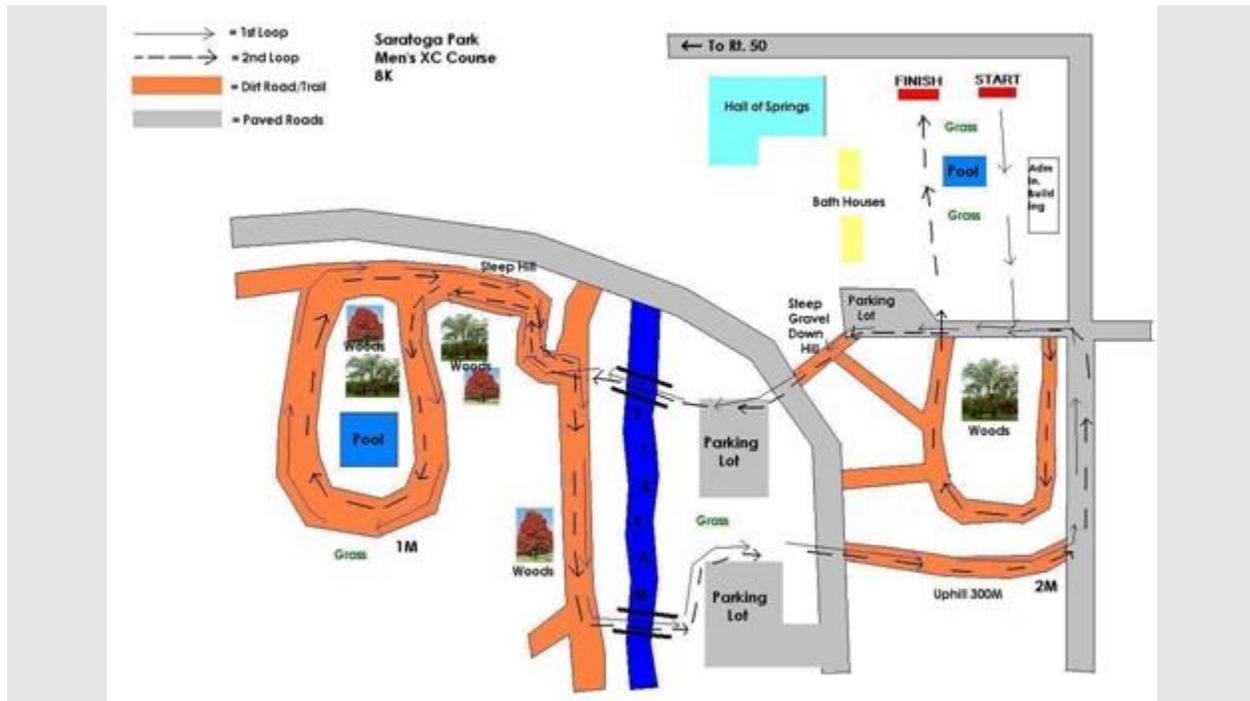


8000-meter Course Description (Courtesy RPI.edu):



The 8K course is mostly a combination of grass, dirt roads and trails. Racing flats or spikes are recommended. In the first half mile, there is an approximate 200m stretch of pavement which runners are allowed to run on. There is also a grass shoulder to run on. After that point, the only pavement on the course occurs when crossing service roads. The course is considered to have rolling hills; there are four major uphill stretches (about 300m) on the course. Please refer to the map of the course.

Start on flat grass field between the Hall of Springs Restaurant and the Gideon Putnam Hotel. Proceed straight for approximately 500m, angling slightly to your left toward cinder path and lamp posts. Turn right at end of field, around large pine tree. Proceed on road or left shoulder toward the left end of parking lot.

Turn left at path between two large pine trees and downhill on dirt/grass trail. The ½ mile mark is halfway down the hill. At bottom of hill cross the service road and head straight for bridge, cross bridge, go straight through cross-paths and follow bend to the right. Proceed to dirt road; turn left up steep hill (250-300m). Turn left at crest of hill, into woods. Follow trail to clearing; turn right around swimming pool. The 1 mile mark is just as you make the turn. Loop around swimming pool (on grass) onto dirt path to top of hill. Proceed back down the hill; at bottom take a right onto path (approximately 1 ½ mile mark) and proceed straight on path alongside stream. Turn left and cross stream at second bridge; run along grass by parking lot, out to service road. Cross road, and head straight toward path in woods (Ferndale Hill). Proceed up hill (300m, gradual, steeper at top). The 2 mile mark is near top of hill, just past a

little shed. Turn left at top of hill and run along grass shoulder; follow tree line, turning left as you approach intersection. After left turn you are on the grass shoulder of the road you first turned onto at the $\frac{1}{4}$ m mark. Stay on grass and proceed once again toward left of parking lot. Aim for path by two large pine trees. REPEAT THE INITIAL LOOP DESCRIBED IN THE ABOVE PARAGRAPH. The 3 mile mark is approximately 100m past the 1 mile mark (at far corner of the pool). The 4 mile mark is approximately 100m past the 2 mile mark (on the grass shoulder of the road at the top of Ferndale Hill).

Last Mile Loop-from the 4 mile mark, runners follow the tree line around the left turn at the intersection. After making the left hand turn, this time turn left into the woods and follow path through pine trees; cross service road back on to path. Follow path as it loops around back toward start/finish. Continue straight across clearing by a picnic shelter and pick up path once again. Veer right on the path and proceed straight out of the woods. Once out of the woods, cross road onto cinder path on the left side of the grass field. Run down left side of grass field straight to finish.