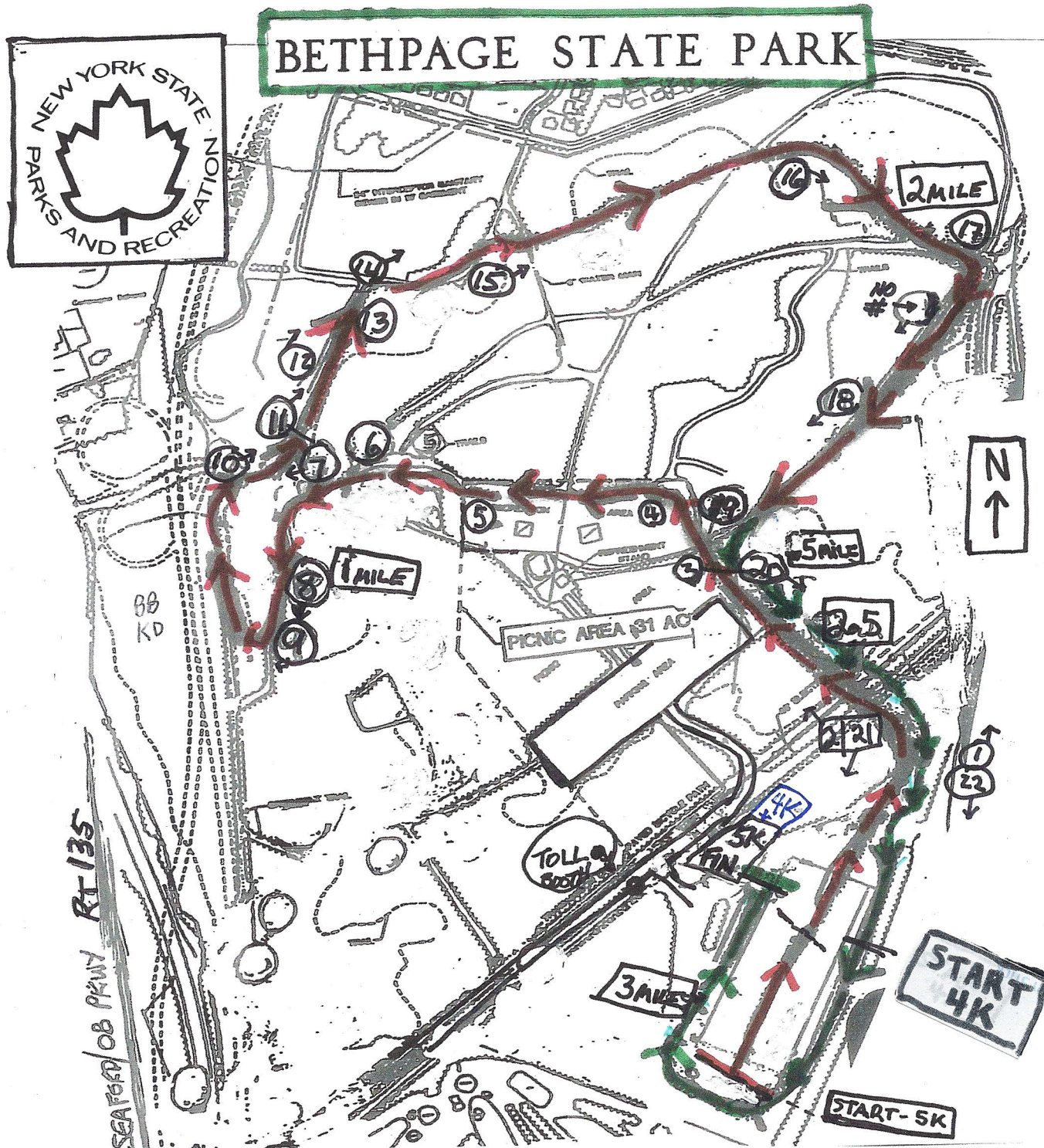




SECTION VIII BOYS & GIRLS CROSS COUNTRY 2009 5K AND 4K COURSE MAP

The course is marked with hot pink plastic tape on trees. Mile marks are for the 5K. The 4K Mile marks will be on temporary signs posted on the course. In the 5K, the loop from pole 7 to pole 11 is completed by going uphill at pole 9 – only!. The course has numbered posts and directional arrows which are for course location in emergency situations. The first part of the trail from #1 to #3 has two way traffic – going into and out of the trails. Runners must keep to the left side of the course in this area. The detour in the picnic area is no longer part of the course. We are back to the original path, directly from pole 3 to pole 4 a grass path alongside the woods.