

Al Hess Cross Country Trail

Ashbrook High School

Ashbrook Coaches: Michael Lindquist, Maggie Joe Hess, Thomas Rhodes

Athletic Director: Jake Eccles

Principal: Matthew Rikard

Course Records:

Men's- Patrick Sheehan, Lake Norman 16:13 (2013)

-Andrew Inman, Forestview 16:14 (2017)

Women's – Mary Prouty, Myers Park 18:33 (2014)

-Izzy Evelyn, Lake Norman Charter 18:37 (2015)

Start on the football field. Then the course is essentially 2 of the same loops (upper loop then lower loop 2 times). Mile 1 is on the first loop right past the last manhole cover. Mile 2 is on the second loop. You finish around the track.

