



Track Attack 2023 - Maps

5K – Rescue Squad Park:



LCS Cross Country Course Map (5K)

Lap 1 (GOLD)

- Begin at the start (star) follow the **GOLD** path around the park pavilion.
- Run up to the paved path and turn **LEFT** to access the path.
- Run **ONE** full loop around the parks paved perimeter path.

Lap 2 (BLUE)

- **Begin Lap 2.** Follow the **BLUE** path for a **SECOND** loop around the parks paved perimeter path (big loop).
- Lap 2 will continue as you exit the park to the **RIGHT** up the small grass hill.
- Turn **RIGHT** again onto the gravel road.
- Turn **RIGHT** into the wooded loop. Run to the divided path and stay right of the flags into the lollipop.
- Return up the divided path with the flags on your **LEFT**
- When the divided section ends, turn **RIGHT** to exit the wooded loop.
- Run and turn **RIGHT** toward the open grass area running down the incline
- Turn **LEFT** toward the big hill (Big Bertha) toward the large power tower.
- At the top of "Big Bertha" turn right around the power tower.
- Follow the path into the "Desert Loop"
- At the end of the Desert Loop you will turn **RIGHT** back onto the gravel road.
- Run up the gravel road toward the entrance of the wooded loop.

Lap 3 (PINK)

- Turn **LEFT** back into the wooded loop.
- Follow the **PINK** path. You will run the wooded loop/lolly pop, "Big Bertha", and the "Desert Loop".
- At the end of the Desert Loop you will turn **RIGHT** back onto the gravel road.
- When you get back to the small grass hill turn **LEFT** to run down the hill.
- You turn **LEFT** onto the paved path. Opposite of the earlier big loops.
- Turn **RIGHT** and follow the paved path onto the small loop/"400 loop" that follows behind the playground.
- At the end of the small loop/"400 loop" turn **RIGHT** onto the paved path.
- You will then turn **RIGHT** again onto the grass right behind the start line. This will lead you to the finish line.

