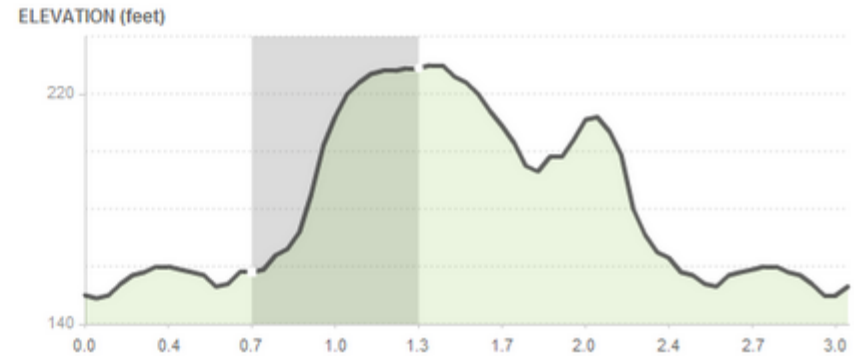



5K Course CCCNYC East Regional



150 ft	240.0 ft	118.0 ft	-118.0 ft				
Start Elev	Max Elev	Gain	Descent				
Distance				Elevation		Grade	
Cat	Start	End	Length	Min	Max	Avg.	Max
	0.67 mi	1.31 mi	0.65 mi	158 ft	229 ft	2.1%	--