



KEY

3k Race:
1 lap blue line

2k Race:
1 lap, pink line

This is a one-loop course for both 3k and 2k starting and finishing at the track. A good mix of flat and hill, grass and dirt trail, runners will take a left off the track and head up a gradual hill, after a bit of flat, cross the road and drop down on a dirt road through the woods. More flat along two different ponds then a significant uphill to the finish. 3k runners complete 300 meters along the track to the finish, 2k runners run straight to the finish. (the two races will finish in opposite directions).