WOMENS 6000M COURSE
Upper Field Loop Start
Grass Field
-- The start will bring the women around the field for 1 ½ loops before crossing over the road (pavement) and heading into the wooded area.

Wooded Area
Flattened dirt, some roots and rocks - well maintained and marked.
-- After crossing over the road (by the bathrooms), the trail continues on a moderate downhill, the course veers right at the bottom of the trail flattening out before continuing at a slight downhill towards the lower field loop.
-- At the bottom of the slight downhill, the trail continues over a small wooden bridge towards the lower field loop. The 2nd mile is approximately where the field hits the wooded area. The course continues in the wooded area, looping around back on the opposite side of lower field loop and heading back over the wooden bridge.
-- The course backtracks the hill towards the upper field loop. At the top of the hill, the course takes a quick left continuing up a slight hill and heading back towards the upper field loop. The course comes out of the wooded area near the playground/picnic area, crossing back over the parking lot (pavement).

Upper Field Loop Finish
-- Once back on the upper field loop, the course travels right and continues parallel to the parking lot - backtracking until the finish which sits between the tree line and stone wall.

**SEE ATTACHED MAPS FOR MILE MARKERS**
MEN'S 8000m COURSE
Upper Field Loop Start
Grass Field
-- The start will bring the men two times around the field before crossing over the road (pavement) and heading into the wooded area.

Wooded Area
Flattened dirt, some roots and rocks - well maintained and mark.
-- After crossing the road (by the bathrooms), the trail continues on a moderate downhill, the course veers right at the bottom of the trail flattening out.
-- The course veers right, immediately before the downhill and continues on a slight incline towards the upper field loop. The course comes out of the wooded area new the playground/picnic area, crossing back over the parking lot (pavement).

Upper Field Loop - Middle
-- Once back on the upper field loop, the course continues straight, traveling around the field in its original direction and crossing back over the road (pavement) and heading into the wooded area.

Wooded Area
-- After crossing over the road (by the bathrooms), the trail continues on a moderate downhill, the course veers right at the bottom of the trail flattening out before continuing at a slight downhill towards the lower field loop.
-- At the bottom of the slight downhill, the trail continues over a small wooden bridge towards the lower field loop. The 2nd mile is approximately where the field hits the wooded area. The course continues in the wooded area, looping around back on the opposite side of lower field loop and heading back over the wooden bridge.
-- The course backtracks the hill towards the upper field loop. At the top of the hill, the course takes a quick left continuing up a slight hill and heading back towards the upper field loop. The course comes out of the wooded area near the playground/picnic area, crossing back over the parking lot (pavement).

Upper Field Loop Finish
-- Once back on the upper field loop, the course travels right and continues parallel to the parking lot - backtracking until the finish which sits between the tree line and stone wall.

**SEE ATTACHED MAPS FOR MILE MARKERS**