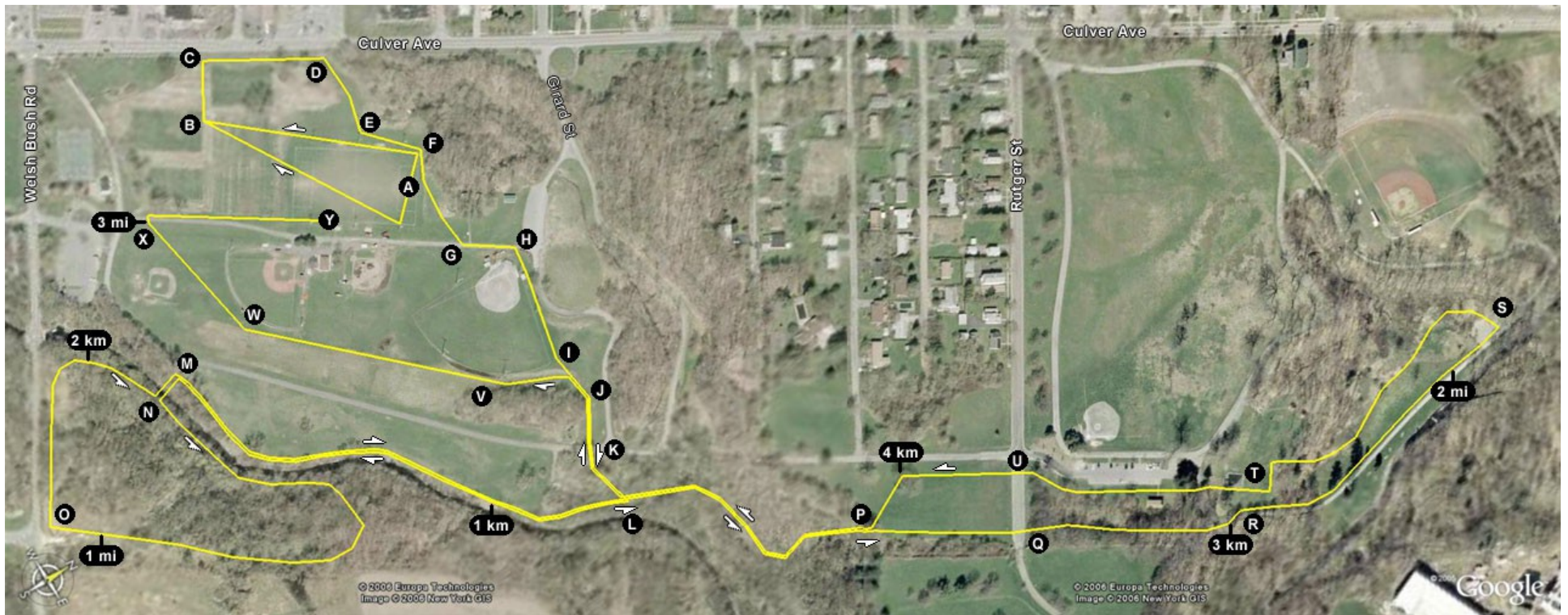


E. J. Herrmann Cross-Country Invitational

Varsity / Junior Varsity Course

– 5 km –



A. Starting Line

B-G. Right and left turns on grass surface

G. Left turn onto path to **H**

H-I. Back onto grass surface

J. Downhill on grass.

K. Cross road.

K-M. On path along creek. 1 km mark is along this segment

M. Left turn across bridge

N. Left turn onto trail after crossing the bridge

N-O. Uphill segment on trail.

O. Right turn to begin a long, sweeping, gradual downhill back to the bridge at point **N**. 2 km mark is along this segment

N-M. Back across bridge. Turn right onto the trail. Creek is on runners' right

L-P. On a path, uphill as runners approach **P**

P-Q. Gradual downhill

Q-R. On path. 3 km mark is along this segment

R-S. Runners will cross an access road and turn right following the path to the left of the access road.

S. Runners will turn left on the path and cross two bridges. Uphill rise approaching point **T** and onto path to point **P**

P. Right turn back onto trail to **L**

L. Right turn, across road at **K**, back onto grass at **J**

J. Left turn on grass path to **W**. Trees will be on the runners' left

W. Right turn; on grass to point **X**

X. Right turn onto grass straight to finish line at **Y**.

Course was designed by Ted Chwazik in 2006.