



Location: 81st avenue and Bethany Home Road

Course: 5000 meter.

Elevation Change: approximately 230 feet.

Surface: 85% grass and dirt 15% hard surface.

Legend: follow blue line to red to yellow.

Instructions: cones should be on your left hip, if an area has two cones run in between them.

In the bottom canal area you will run in the grass area not on the sidewalk. On the upper canal area you will run on the dirt not on the asphalt

Traffic

More...

Map

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Earth

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