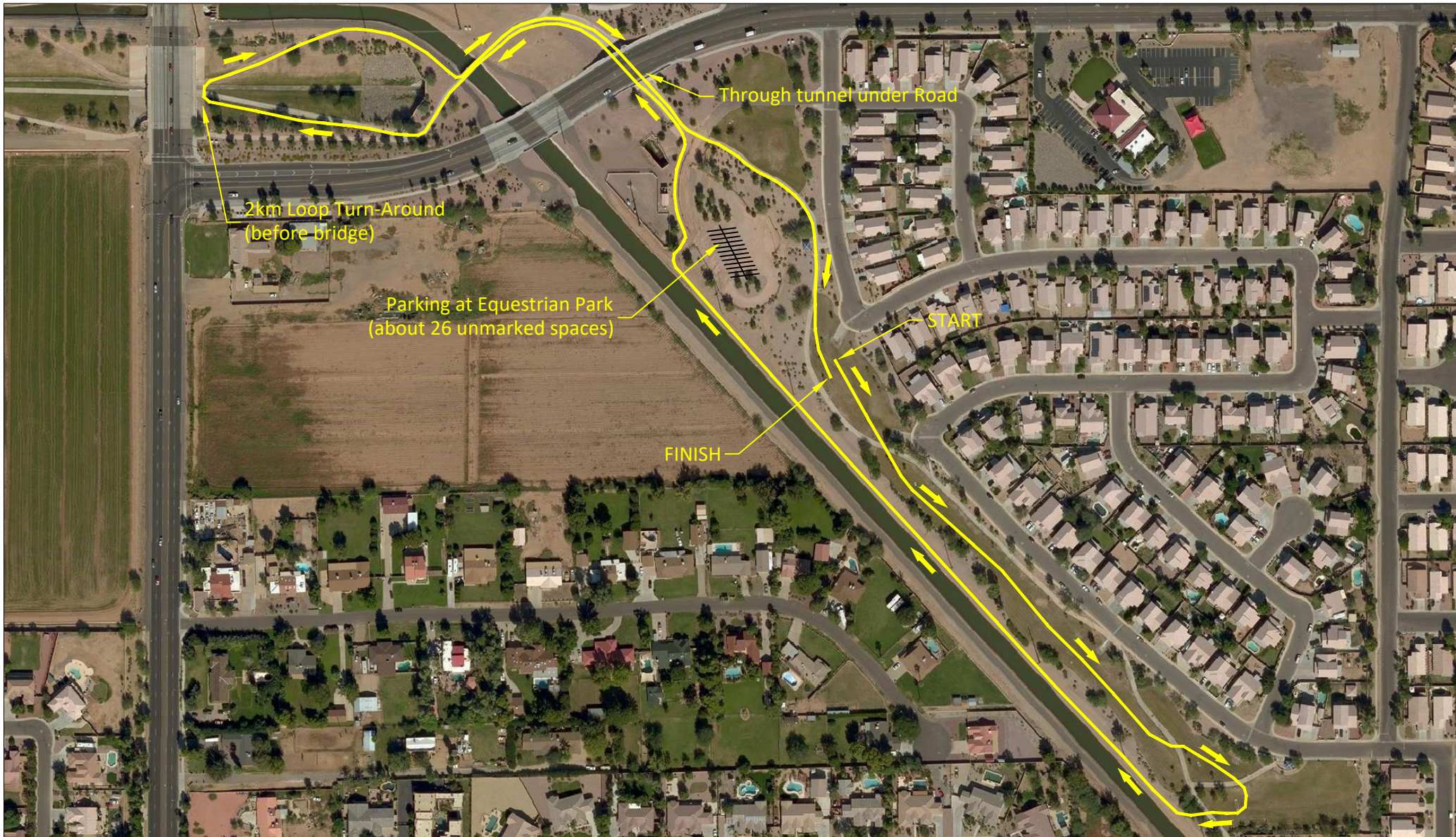


HEROES PARK U.S.A.T.F. CROSS-COUNTRY COURSE MAP

8 & Under age division 2km Loop

and

13-14 age division 4km Loop will run the same loop twice



HEROES PARK U.S.A.T.F. CROSS-COUNTRY COURSE MAP

9-10 and 11-12 age divisions - 3km Loop is the 2km Loop with the Green extension for one big loop of 3,000 meters.

15-18, Open & Masters age divisions - 5km Loop is one time around the 2km loop and one time around the full 3km loop.

