Women's 5,000-meter Course

Practice Range

LEGEND
- Shelter
- Maintenance
- Clubhouse
- Comfort Station

- Run Loop I clockwise to one-mile mark.
- Run Loop II counter-clockwise.
- Run Loop III counter-clockwise to finish (dotted-line).

START
FINISH
1 mile
4 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile
1 mile
2 mile