

START

FINISH

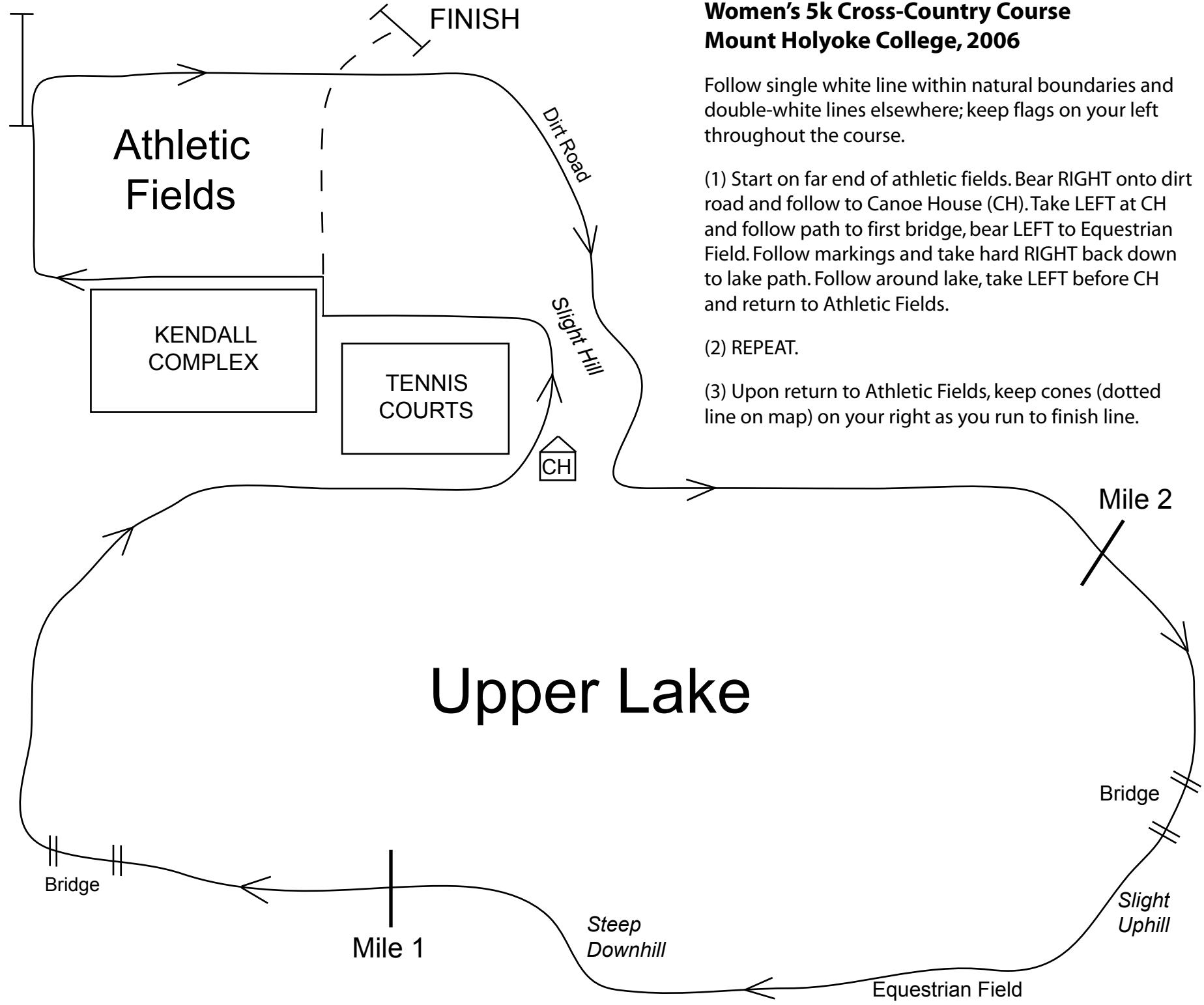
Women's 5k Cross-Country Course Mount Holyoke College, 2006

Follow single white line within natural boundaries and double-white lines elsewhere; keep flags on your left throughout the course.

(1) Start on far end of athletic fields. Bear RIGHT onto dirt road and follow to Canoe House (CH). Take LEFT at CH and follow path to first bridge, bear LEFT to Equestrian Field. Follow markings and take hard RIGHT back down to lake path. Follow around lake, take LEFT before CH and return to Athletic Fields.

(2) REPEAT.

(3) Upon return to Athletic Fields, keep cones (dotted line on map) on your right as you run to finish line.



Athletic Fields

KENDALL COMPLEX

TENNIS COURTS

CH

Upper Lake

Mile 2

Mile 1

Bridge

Bridge

Slight Uphill

Steep Downhill

Equestrian Field