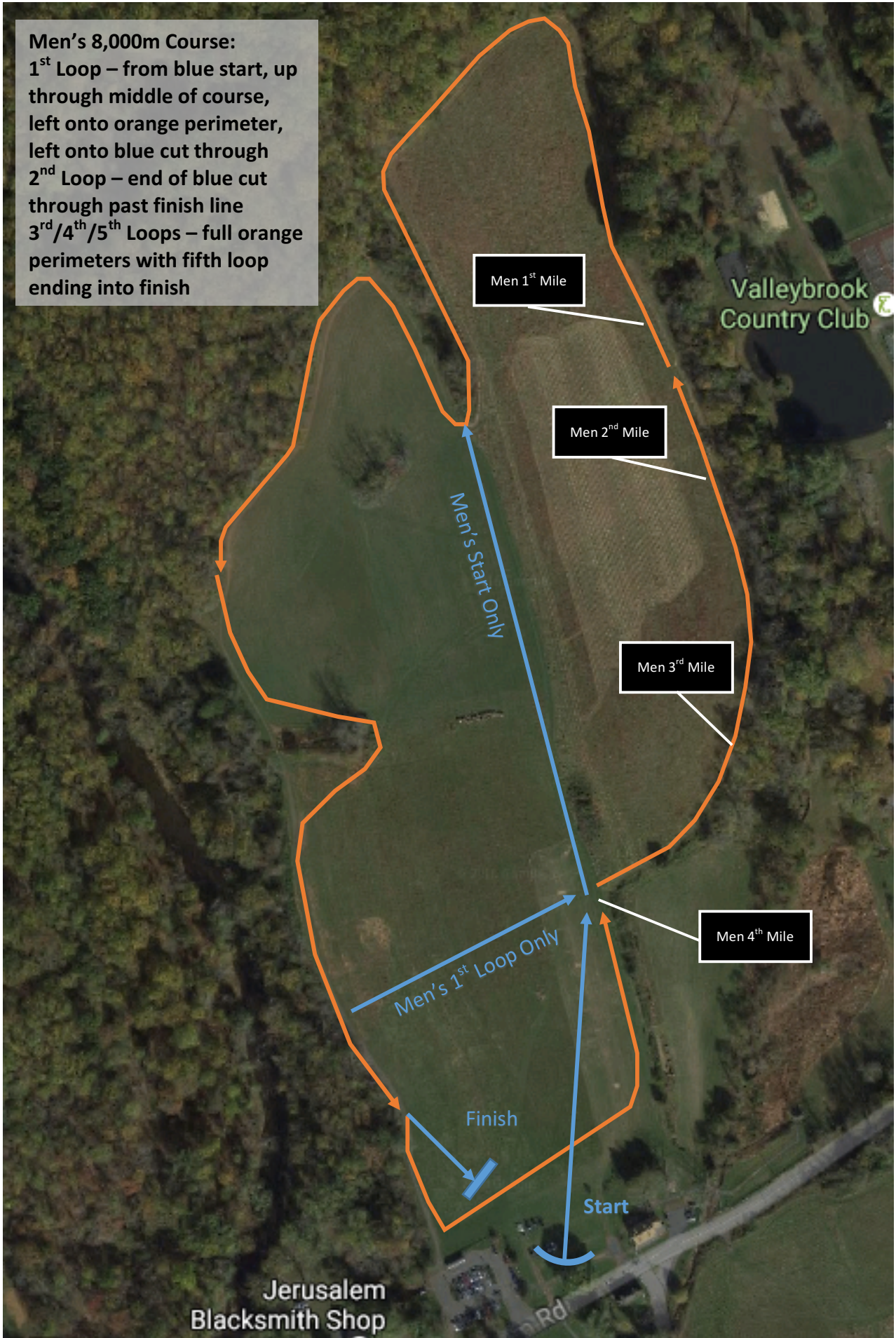


Men's 8,000m Course:
1st Loop – from blue start, up through middle of course, left onto orange perimeter, left onto blue cut through
2nd Loop – end of blue cut through past finish line
3rd/4th/5th Loops – full orange perimeters with fifth loop ending into finish



Valleybrook
Country Club

Men 1st Mile

Men 2nd Mile

Men 3rd Mile

Men 4th Mile

Men's Start Only

Men's 1st Loop Only

Finish

Start

Jerusalem
Blacksmith Shop

Rd