



Valleybrook
Country Club

Women's 1st Mile

Women's 2nd Mile

**Women's 5,000m
Course:**
1st Loop – from blue
start, through
middle of course
onto orange
perimeter past
finish line
2nd/3rd Loops – full
orange perimeters
with third loop
ending into finish

Start Only

Finish

Start

Jerusalem
Blacksmith Shop

Rd