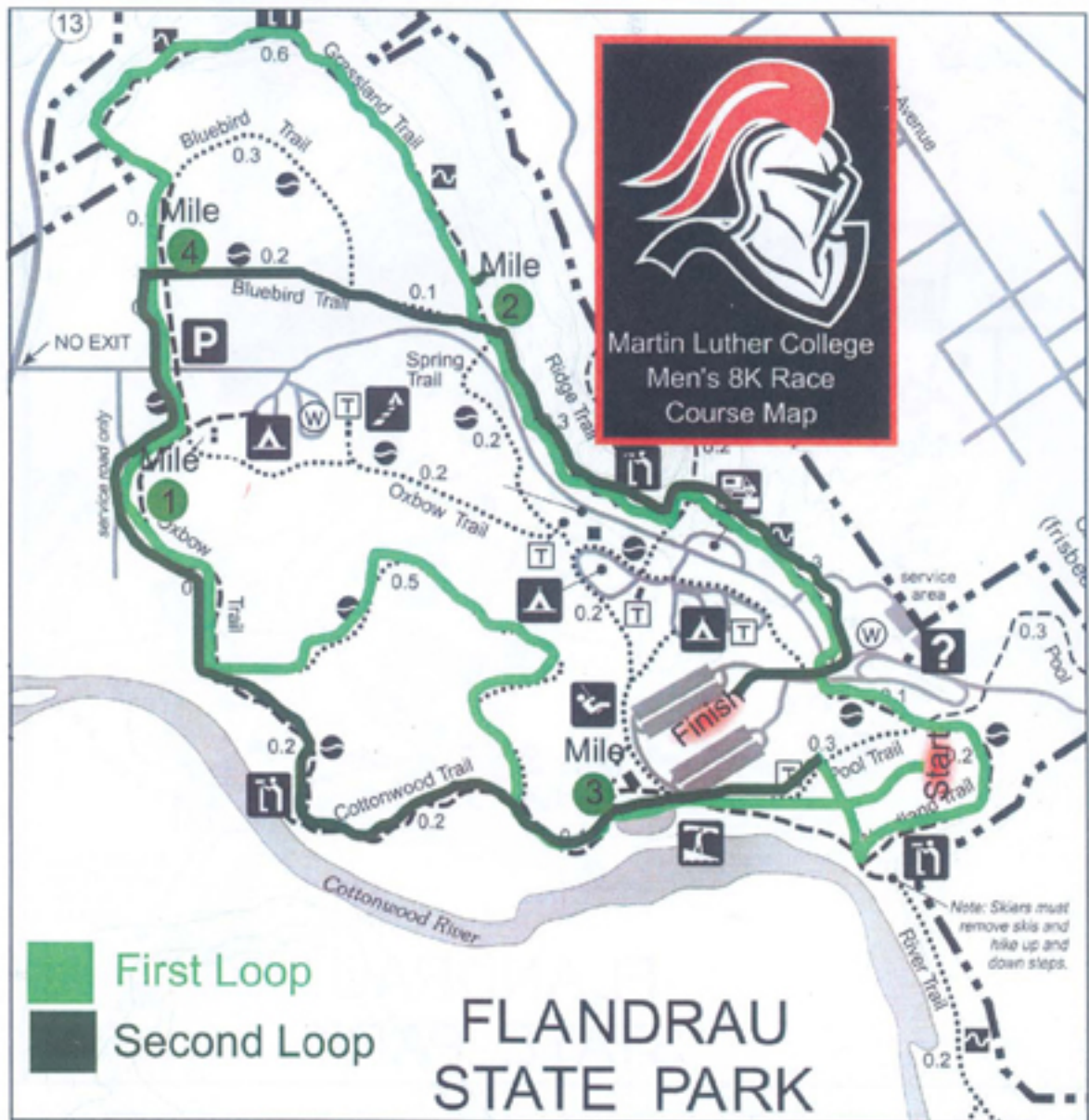


2012 UMAC MEN'S CROSS COUNTRY CHAMPIONSHIP COURSE MAP



Men's Course Description: Pool Trail » Through the pool (sand) » Inside loop of Cottonwood Trail » Grasslands Trail » Ridge Trail » Woodland Trail » Around the pool (stay on grass) » Outside loop of the Cottonwood Trail » Oxbow Trail » 1st Bluebird Trail » Ridge Trail » Indian Point Trail » Woodland Trail » Along the road on the grass » Grassy Area between parking lots



There is a shelter near the finish. Restrooms are available near the start and finish of the race. Showers are available at Martin Luther College in the lower level of the Luther Student Center (use door: LSC 8, go through the first double doors on the right and take the stairs to the lower level).