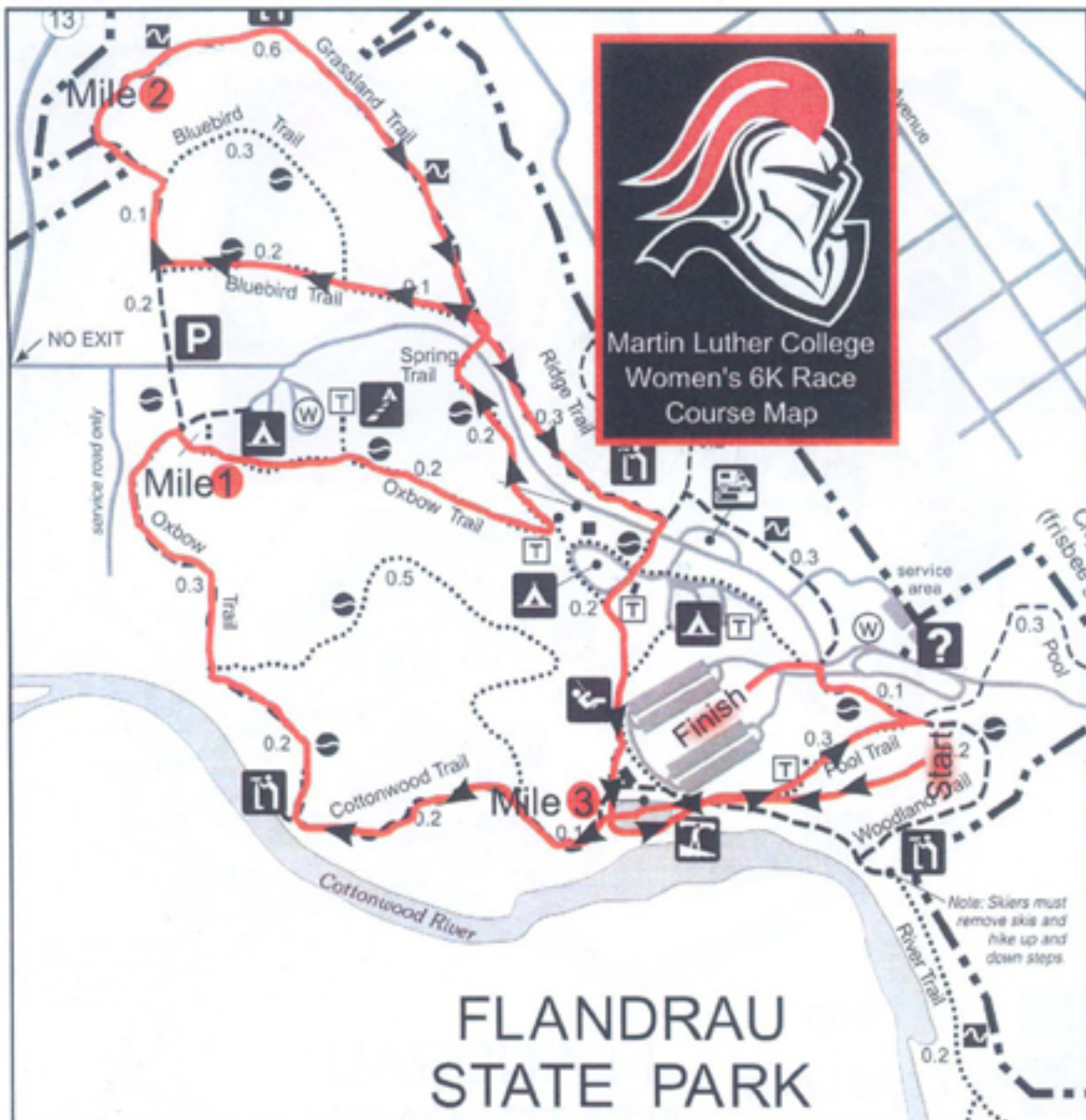


## 2012 UMAC WOMEN'S CROSS COUNTRY CHAMPIONSHIP COURSE MAP



Women's Course Description: Pool Trail » Through the pool (sand) » Cottonwood Trail » Oxbow Trail » Spring Trail » Bluebird Trail » Grasslands Trail » Ridge Trail Cross the roadway to camp site 18 » Round the Beach House Shelter » Around the pool (stay on grass) » Pool Trail » 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).