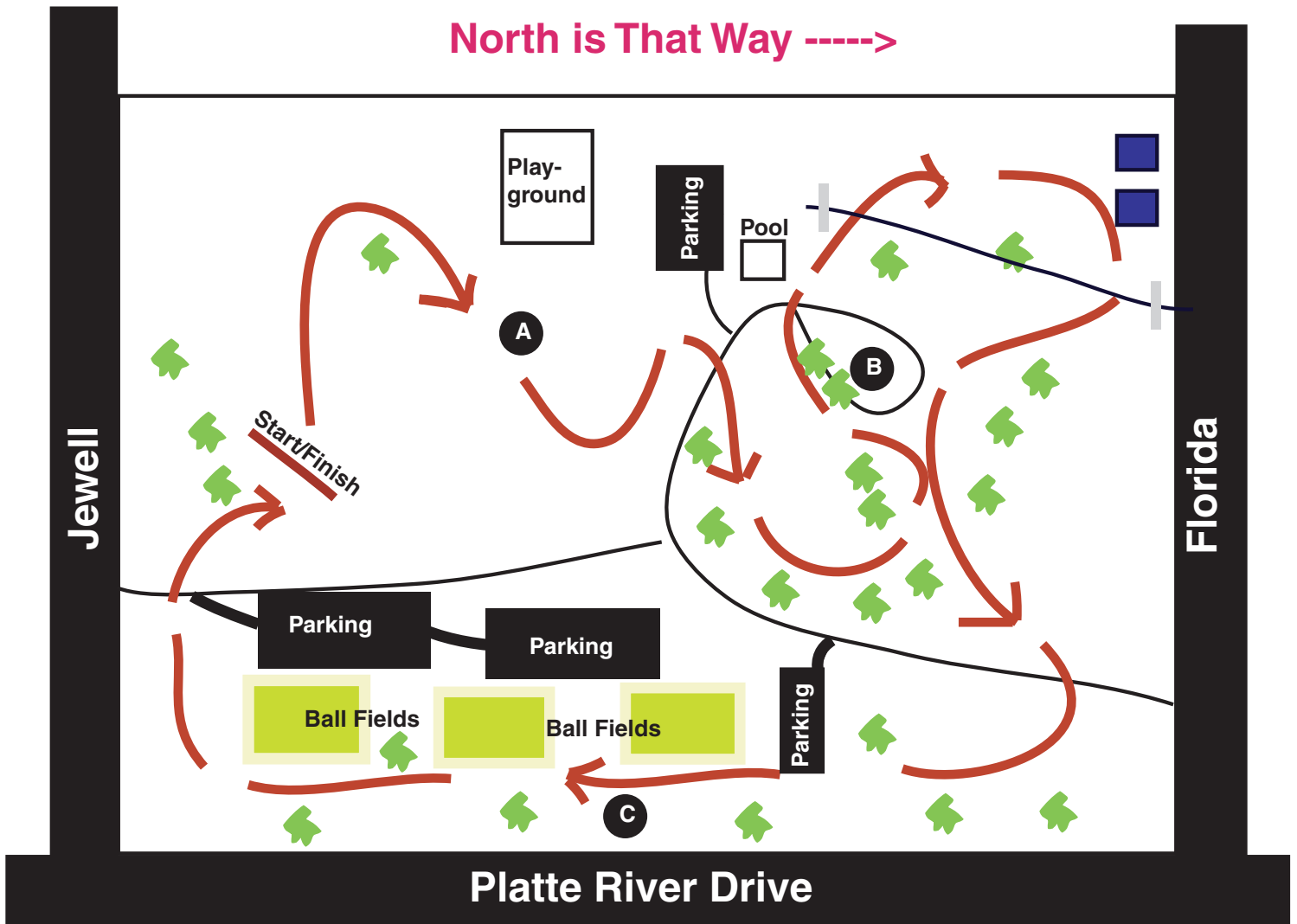



# Ruby Hill Cross Country Course Map

North is That Way ----->



There are no paths or roadways on this course, so I will do my best to describe the route as it pass through the grassy meadows of Ruby Hill Park. The route is measured at 2,500 meters so runners will complete 2 laps of the course. On race day, the exact boundaries of turns, etc. will be well marked and flagged.

- A** Hill Top: This is a good spectator spot. Runners will start in the meadow below, climb to the top of the hill, then drop down the hill into a small bowl. They will then climb a short hill and cross the road into another large meadow. They will then run the perimeter of this meadow in a counter clockwise direction.
  - B** Hill Top: Another good spectator viewing spot. Runners will climb the steep east face of this hill toward the paved loop at the top. Just before reaching the pavement, they will bear left into the meadow running to the left of the trees. They will cross the road where the two one-way lanes that form the paved loop labeled "B" meet.
- Runners will then run through the rolling meadows as outlined in the map, climbing again to the hilltop labelled "B". From the top, they will descend the steep hill and cross the paved park road.
- C** Flat: After crossing the road, they will turn right and follow the grass between the train tracks and the ball fields. When they reach the flat field at the south end of the ball fields, they will cross the field, climb the short hill and cross the roadway. From here, they will bear right to the start/finish line.

 = Trees

 = Power Line Towers