

### **Course Map:**

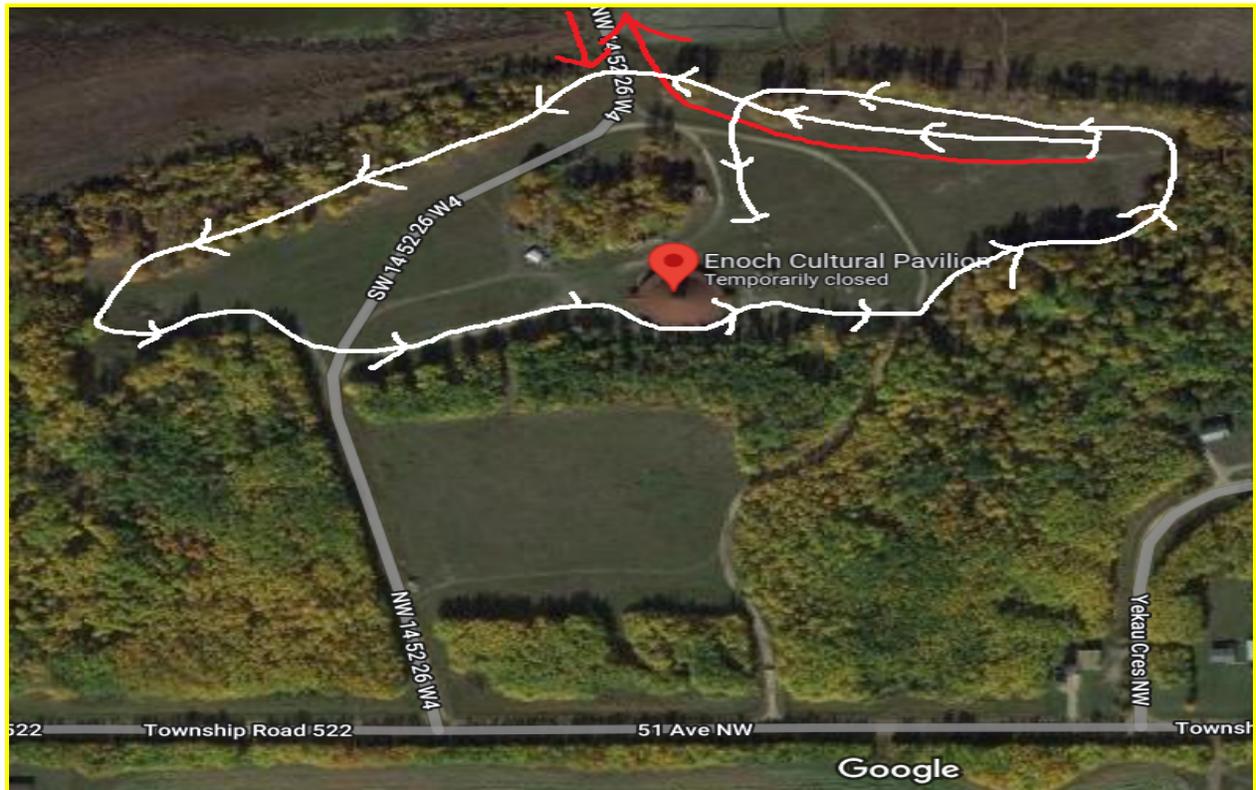
2km Race- 1km loop, followed by a 1km loop (Para Race)

4km Races- 3km loop, followed by a 1km loop

5km Races- 1km loop, followed by a 3km loop, followed by a 1km loop

6km Race- 3km loop, followed by a 3km loop

### **1km Loop**



**Course Description:** Located in the heart of Enoch Nation, the land of medicine. The course is of easy to medium level with limited elevation gain. The start line is a wide open area that will funnel down to a more narrow trail about 150m beyond the start line. The 1km course runs along the outside perimeter of the old cultural grounds on a flat, grassy lap. The athletes will cross through treed sections, hard sand and grassy areas. There are no hills on the 1km loop. Trails are eight to twelve feet in width providing many areas for passing. Running spikes or racing flats are recommended.