Course Description

Women’s 5k: Primarily hard packed dirt surface, with 200m grass field start, and several sandy sections totaling approximately 200m; the course consists of 3 major loops, including one gentle hill, and one relatively hilly 800m section; fair course – moderate difficulty.
Course Description

Men’s 8k: Primarily hard packed dirt surface, with 200m grass field start, several sandy sections totaling approximately 200m, and one 400m paved section; the course consists of 5 major loops, with 2 rolling hills, one relatively hilly 800m section, and one significant hill climb during mile 4; fair course – moderate difficulty.