

# Rachel's Run Course Description

The Rachel's Run course is a 5K cross country route with a grass field start and finish. It is a two-loop course a significant uphill challenge followed an equally challenging downhill. The rest of the course is the usual cross country dirt, grass, roots and rocks.

The race starts on a soccer field as show here.



At the start the race goes to the left of a baseball diamond:



Runners goes left between the baseball diamond and a small hill



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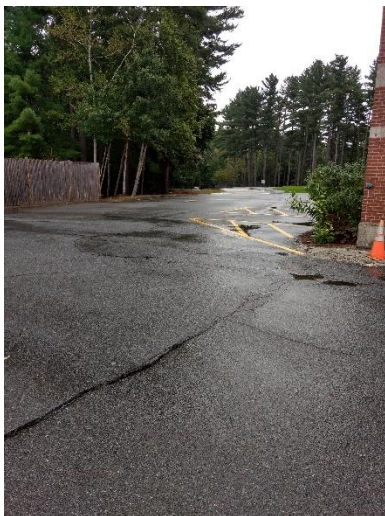
Then proceed up a grass hill to the left of a step drainage area



When runners crest the hill there is a short section of pavement. A section of about 20 feet



Followed by a section of about 130 feet to a left turn



After the left turn the path is dirt with grass, roots and rocks similar to most cross country courses.

At about  $\frac{3}{4}$  of a mile in there is a significant hill rising roughly 60 feet in about 800 feet. Over the top is a downhill a little less steep (see the course map at the end).

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At 1.5 miles the course comes back the starting field.



After the first loop, runners again go to the left of the baseball diamond and run the loop a second time.

After completing the second loop the finish is to the right of the baseball diamond.



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Here is a course map and elevation plot. The image is clickable and will take you to a Garmin Connect course map that is interactive.

