

VALDERS MS 1.5 MILE CROSS COUNTRY COURSE

From START line race out the west field gate, run between track and softball fences, up the hill, turn left and continue to follow the flags and arrows.

Run along the road to the end of elementary parking lot.

Loop back and run along the road following the flags and arrows to the top of the hill.

Run down the big hill, across the flat area, around the tree and to the FINISH line.

