

VALDERS HS 5K CROSS COUNTRY COURSE

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

Run down the hill, across the flat area, 1st time around the tree, stay to the left, run past the shelter and community center, through the park, then up the BIG HILL. Run along the road to the end of elementary parking lot, turn right to run the BIG LOOP FIRST.

-1st time down the back hill run past the football garage and continue to run the SMALL LOOP.

-2nd time down the hill, take a right to exit the loops, run along the road and follow the flags and arrows to the top of the hill.

Run down the hill, across the flat area, 2nd time around the big tree, stay to the right, run to the FINISH line.

- ☼ - 1 Mile Mark
- ★ - 2 Mile Mark

