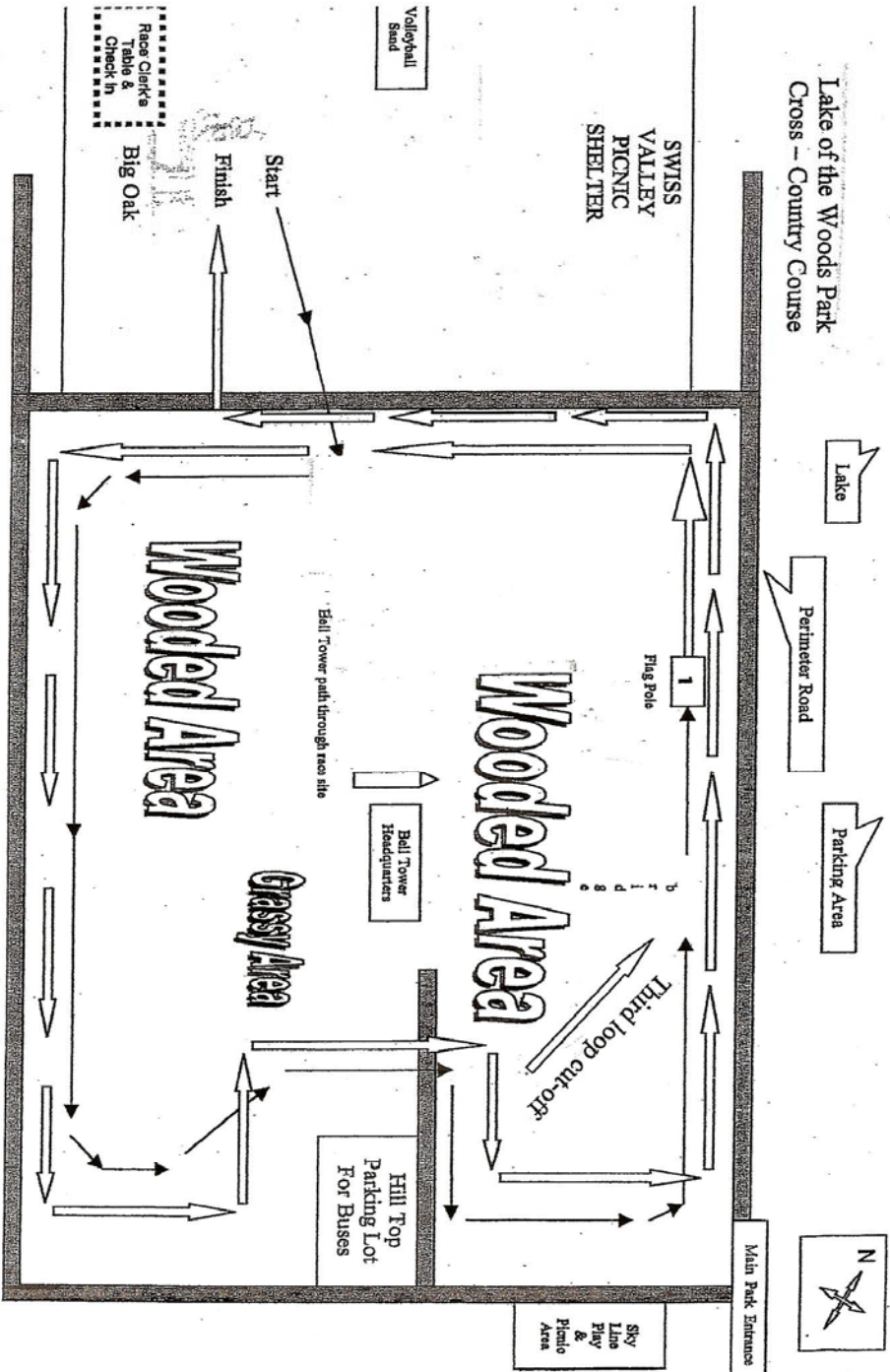


Lake of the Woods Park
Cross - Country Course



The 1500m course will be one loop.
 The 3000m course will be two loops.
 The 4000m course will be two full loops
 and one shortened loop.