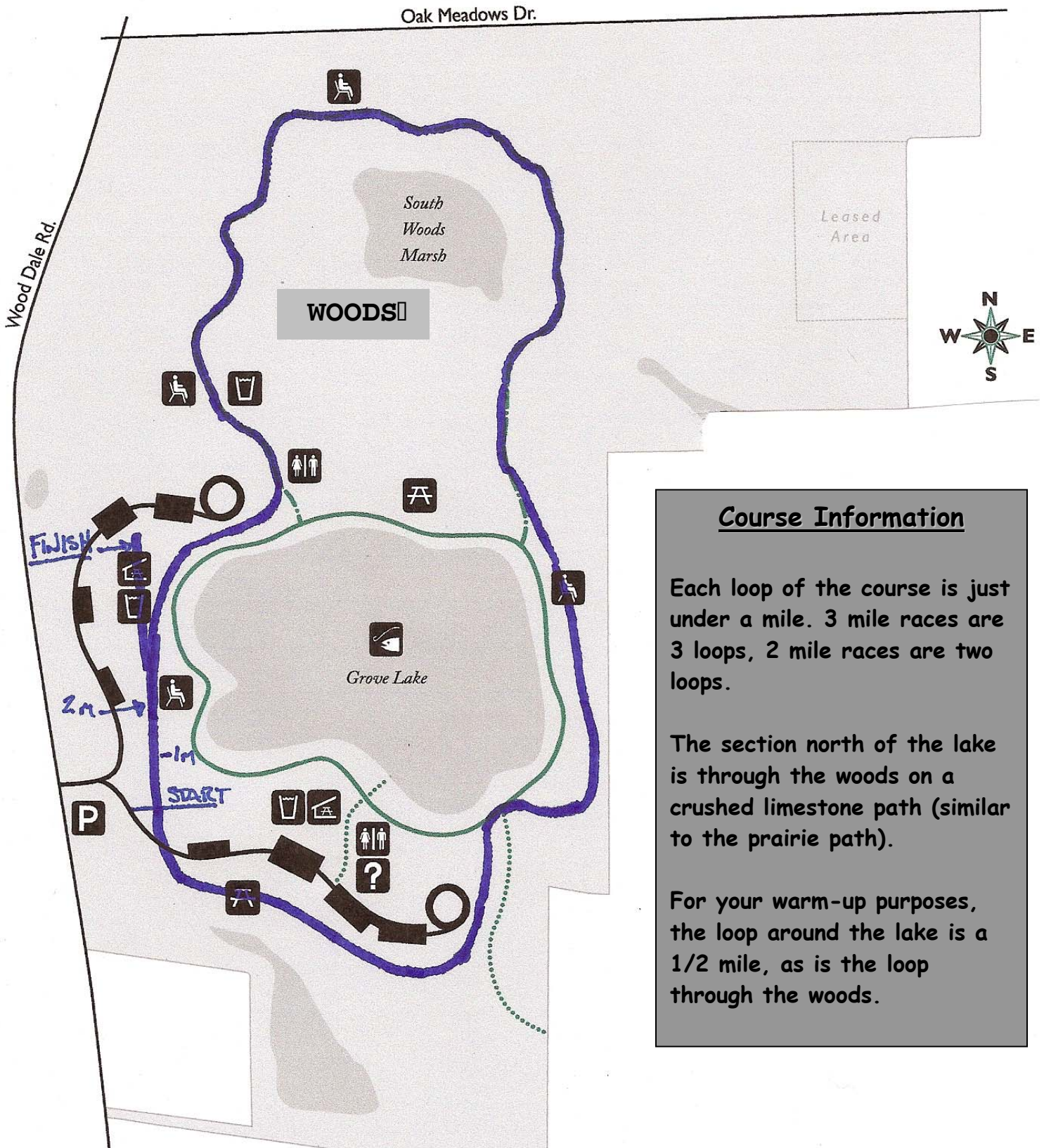


# Addison Trail Cross Country

@Wood Dale Grove Forest Preserve



## Course Information

Each loop of the course is just under a mile. 3 mile races are 3 loops, 2 mile races are two loops.

The section north of the lake is through the woods on a crushed limestone path (similar to the prairie path).

For your warm-up purposes, the loop around the lake is a 1/2 mile, as is the loop through the woods.