

COC Cross Country Courses

- Red = Short Loop (~1070m)
- Blue = Long Loop (~1835m)
- Green = Freeway Flyer, out
- Purple = Freeway Flyer, back (~ 2180m)
- Start to Finish (~ 100m)



- Start
- Finish
- ★ Watch Out:
Steep Downhill

2K Course: Long + S-F ~ 1935m (Gremlin)

3K Course: Short + Long + S-F ~ 3005m (Bantam/Midget)

4K Course: Freeway Flyer + Long + S-F ~ 4115m (Youth/Intermediate)

COC Cross Country Courses

Wide View Showing all of Freeway Flyer

Freeway Flyer:

Green: out

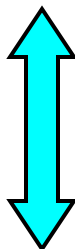
Purple: back



Turn **right**
near the big tree
and head up the
biggest hill.
At the top of the hill,
stay to the **right**.



On the way out,
stay to the **left** at
forks in the path



Long, steep downhill
on the way out.
Long, steep uphill
on the way back.

