

COC Courses are all out and back with exception of 4k course which does the whole loop up top.

Start line is the same for all.

2k Course: ~1.27 miles

Out and back on the right side of the road

3k Course: ~1.88 miles

Out and back, up top go left at the fork.

Cones will split the turn where the 2k turn around is to keep outgoing and finishing on the right side in both directions.

Have cones splitting road from about 20 yards before turnaround

1 mile mark is on the way back from the turnaround

4k Course: ~2.48 miles

Out to the top loop, follow 3k course but complete the whole loop including Killer Hill.

Keep cones to split the road in front of oak tree at 2k turn around

Course Monitors:

5 total spots

2k Course: Monitors 1 and 2

3k Course: Monitors

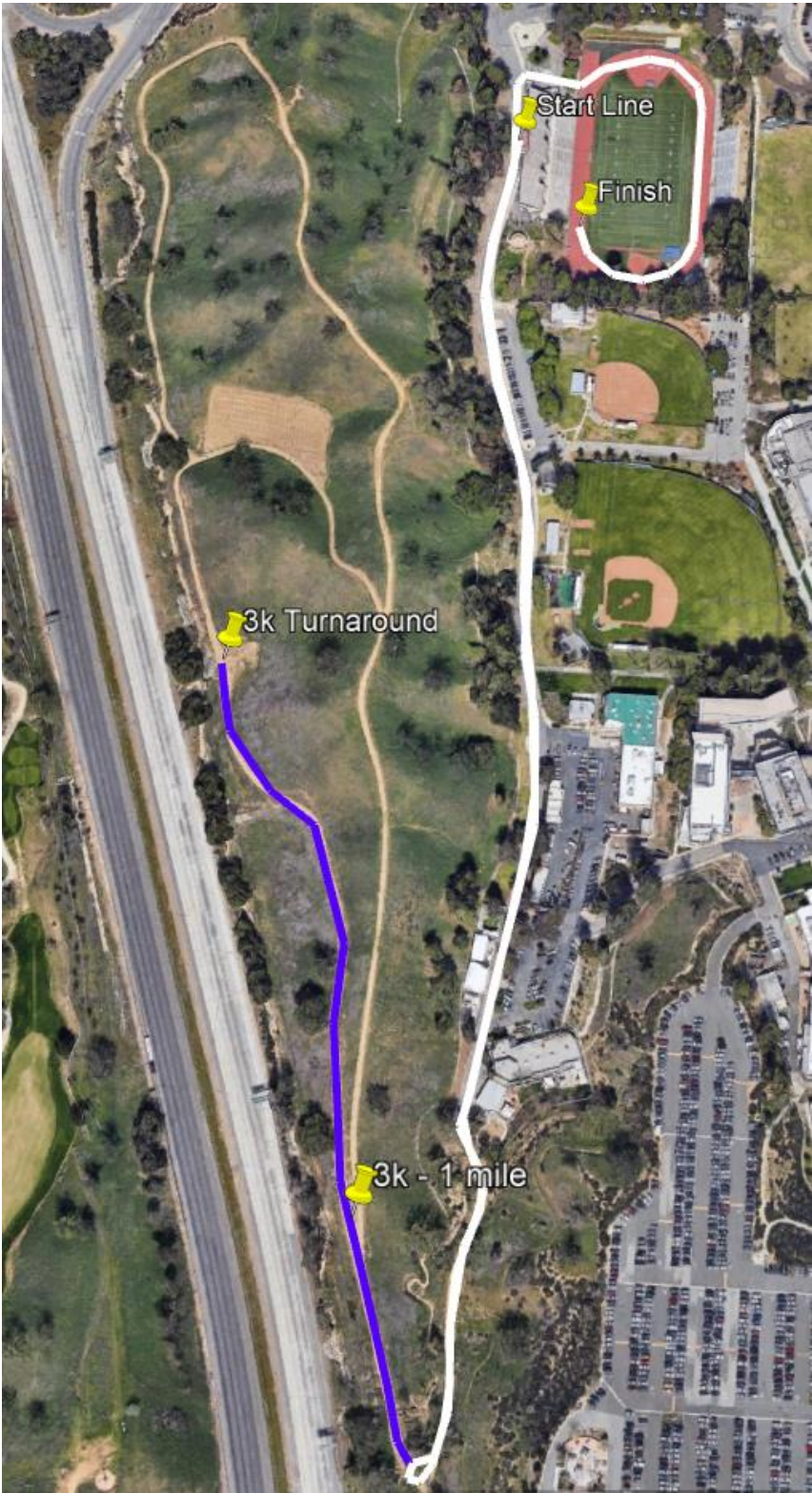
- 1: encouragement and keep going straight in both directions
- 2: keep on right side of cones
- 3: direct athletes left
- 4: turn around, keep athletes on right around end cone

4k Course: All 5 monitors

- 5: keep them going down to Killer Hill



3K COURSE





4K COURSE



COURSE MONITOR LOCATIONS

