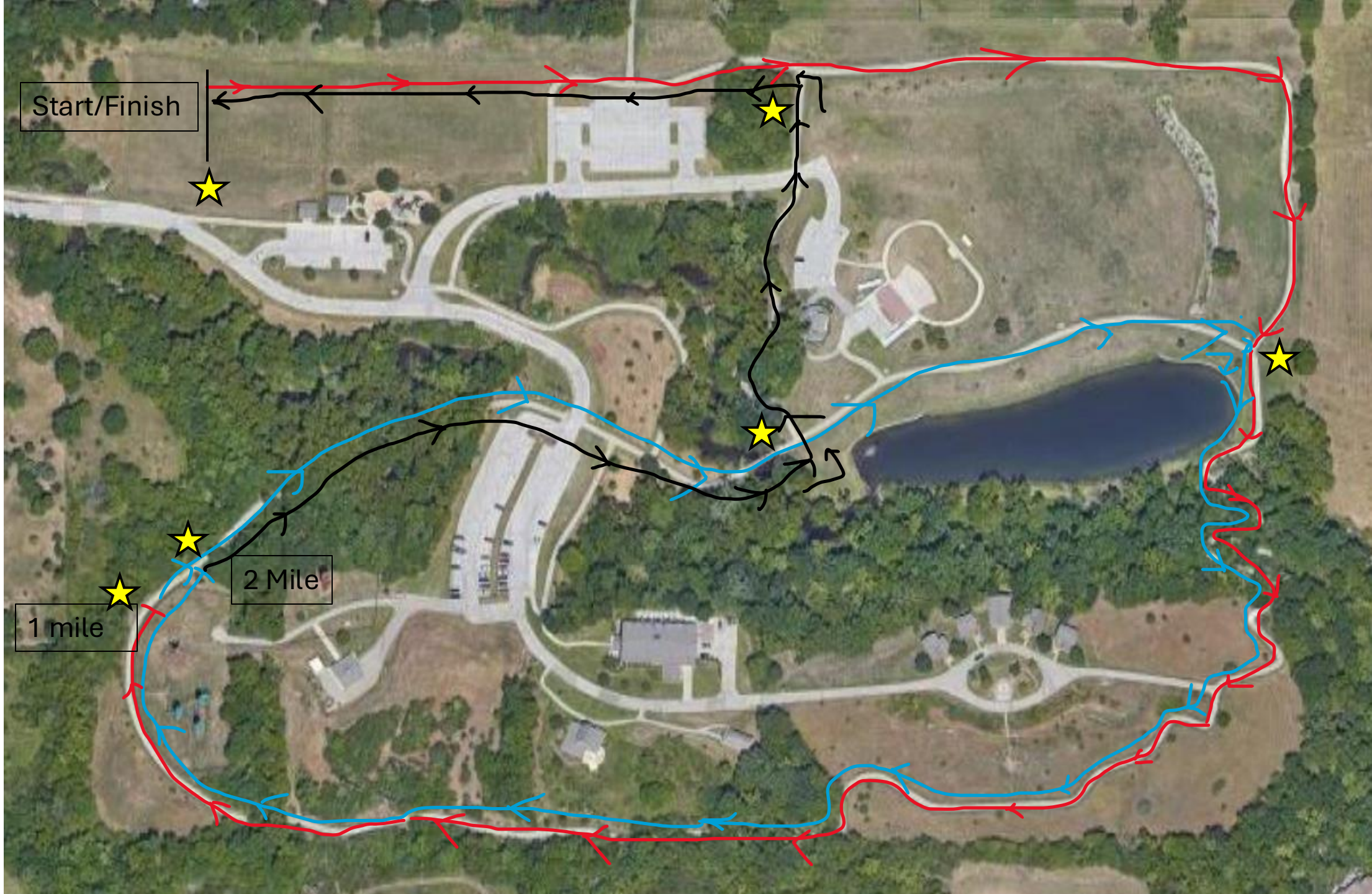
-Ironwoods Park
-4000m
-1 Mile
-2 Mile
-Finish

-Start/Finish on the grass.

-First mile full loop

-Second mile lower loop

-Finish turn left, then left onto grass.

★Coach/Mgr location