

Woodland Series August Course

(3.2 miles 197 Elevation gain)

Start at the speedbump next to the beach house with pond/beach on your right

Run across the bridge towards the turn around and up the double track towards the dam

At the top of the double track turn right to the dam (.4m)

Go all the way across the dam (.9m)

At the end of the dam go straight across to Alpha (look for sign on the tree)

Follow Alpha to the end

Cross the gravel road and take Bravo (look for the rocks to climb up 1.2m)

Follow Bravo out to the gravel road

Go straight down the gravel road about 20 yards and turn left on to Charlie (1.6m)

At the end of Charlie go straight out to the access road (2.1m)

Go right down the access road and then turn left towards Kilo

Take Kilo

At the end of Kilo turn right

At the guard shack turn right (3m)

Stay on the road all the way back to the beach

The finish line is the same speed bump that was the start line

