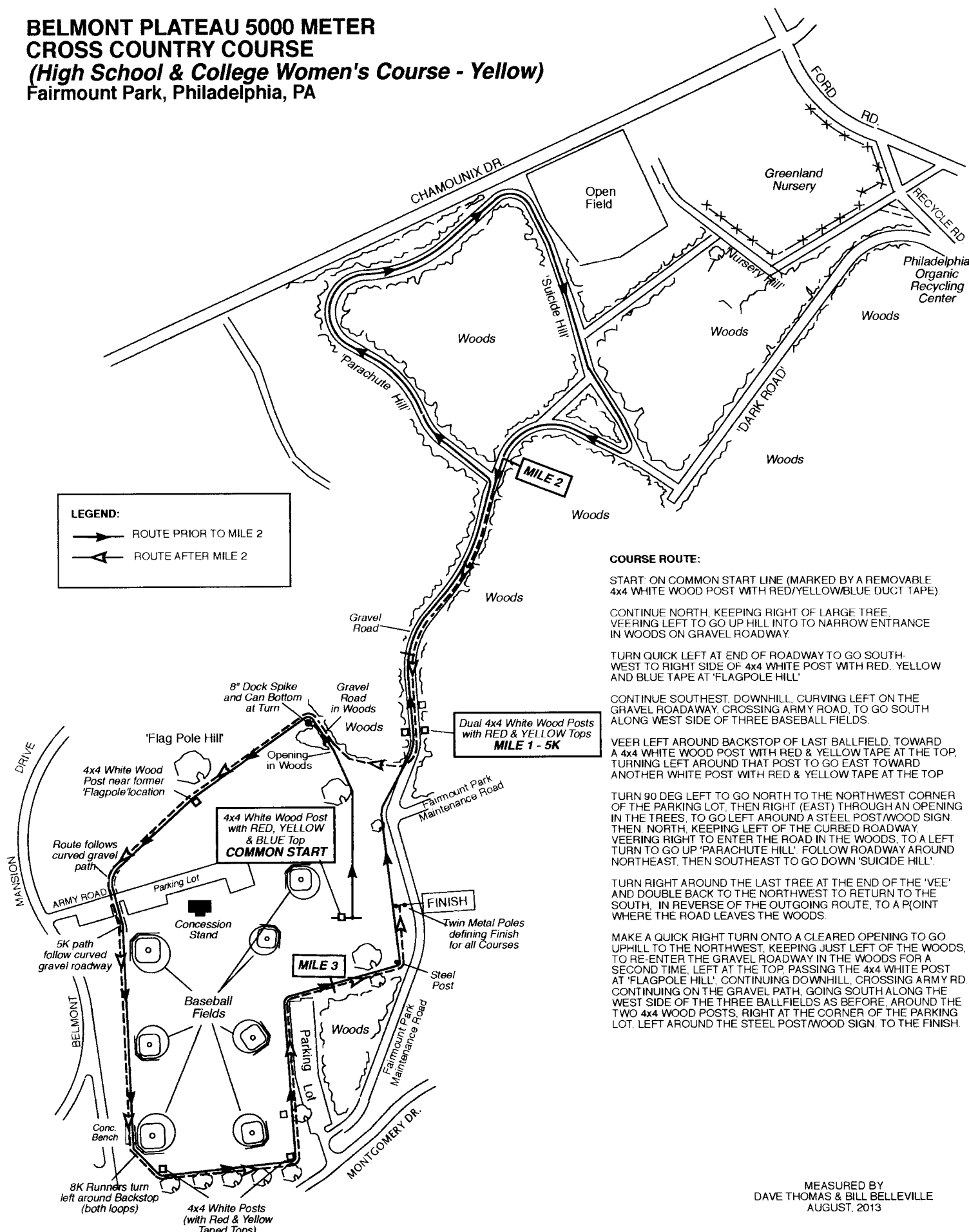


**BELMONT PLATEAU 5000 METER
CROSS COUNTRY COURSE**
(High School & College Women's Course - Yellow)
Fairmount Park, Philadelphia, PA



LEGEND:

- ROUTE PRIOR TO MILE 2
- ← ROUTE AFTER MILE 2

COURSE ROUTE:

START ON COMMON START LINE (MARKED BY A REMOVABLE 4x4 WHITE WOOD POST WITH RED/YELLOW/BLUE DUCT TAPE).

CONTINUE NORTH, KEEPING RIGHT OF LARGE TREE. VEERING LEFT TO GO UP HILL INTO TO NARROW ENTRANCE IN WOODS ON GRAVEL ROADWAY.

TURN QUICK LEFT AT END OF ROADWAY TO GO SOUTH-WEST TO RIGHT SIDE OF 4x4 WHITE POST WITH RED, YELLOW AND BLUE TAPE AT 'FLAGPOLE HILL'.

CONTINUE SOUTHWEST, DOWNHILL, CURVING LEFT ON THE GRAVEL ROADWAY, CROSSING ARMY ROAD, TO GO SOUTH ALONG WEST SIDE OF THREE BASEBALL FIELDS.

VEER LEFT AROUND BACKSTOP OF LAST BALLFIELD, TOWARD A 4x4 WHITE WOOD POST WITH RED & YELLOW TAPE AT THE TOP, TURNING LEFT AROUND THAT POST TO GO EAST TOWARD ANOTHER WHITE POST WITH RED & YELLOW TAPE AT THE TOP.

TURN 90 DEG LEFT TO GO NORTH TO THE NORTHWEST CORNER OF THE PARKING LOT, THEN RIGHT (EAST) THROUGH AN OPENING IN THE TREES, TO GO LEFT AROUND A STEEL POST/WOOD SIGN. THEN NORTH, KEEPING LEFT OF THE CURBED ROADWAY, VEERING RIGHT TO ENTER THE ROAD IN THE WOODS, TO A LEFT TURN TO GO UP 'PARACHUTE HILL'. FOLLOW ROADWAY AROUND NORTHEAST, THEN SOUTHEAST TO GO DOWN 'SUICIDE HILL'.

TURN RIGHT AROUND THE LAST TREE AT THE END OF THE 'VEE' AND DOUBLE BACK TO THE NORTHWEST TO RETURN TO THE SOUTH, IN REVERSE OF THE OUTGOING ROUTE, TO A POINT WHERE THE ROAD LEAVES THE WOODS.

MAKE A QUICK RIGHT TURN ONTO A CLEARED OPENING TO GO UPHILL TO THE NORTHWEST, KEEPING JUST LEFT OF THE WOODS, TO RE-ENTER THE GRAVEL ROADWAY IN THE WOODS FOR A SECOND TIME. LEFT AT THE TOP PASSING THE 4x4 WHITE POST AT 'FLAGPOLE HILL', CONTINUING DOWNHILL, CROSSING ARMY RD., CONTINUING ON THE GRAVEL PATH, GOING SOUTH ALONG THE WEST SIDE OF THE THREE BALLFIELDS AS BEFORE, AROUND THE TWO 4x4 WOOD POSTS, RIGHT AT THE CORNER OF THE PARKING LOT, LEFT AROUND THE STEEL POST/WOOD SIGN, TO THE FINISH.

MEASURED BY
DAVE THOMAS & BILL BELLEVILLE
AUGUST, 2013