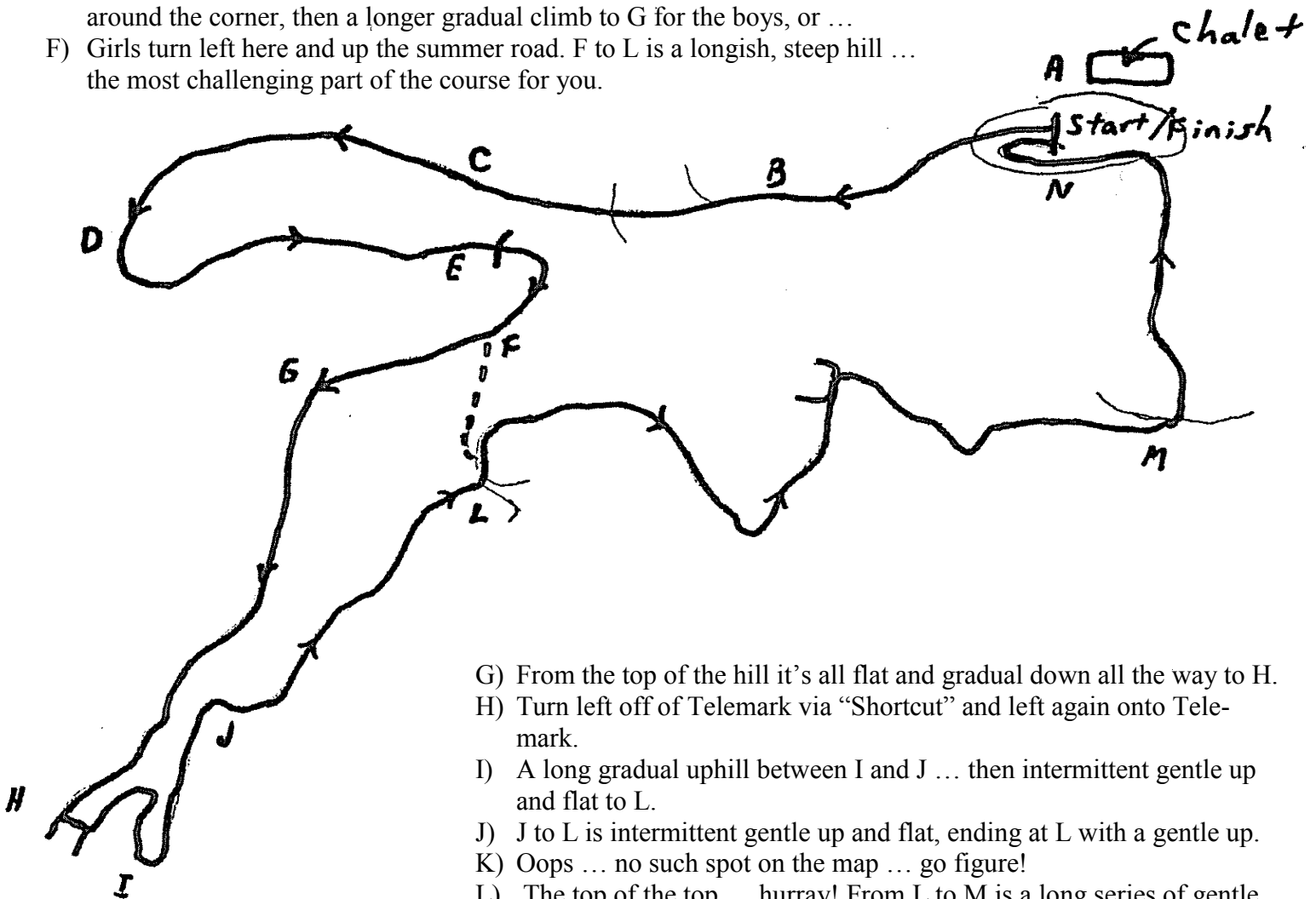


All You Wanted To Know About The Course But Were Smart Enough Not To Ask

- A) Start towards the back of the stadium area ... lots of room to pass all along the course so no big rush to be at the front here. Watch your footing, and beware of the cow enclosure on the left side where it narrows!
- B) Go straight along the main center way (Telemark Trail). There's a moderately steep, short hill here, followed by a slightly longer gradual hill to C.
- C) Long flat stretch here ... your shoes should be absolutely soaked by now!
- D) A very short but moderately step little hill here followed by flat and gentle down.
- E) Go straight here along Telemark ... not left or right ... a small steep uphill around the corner, then a longer gradual climb to G for the boys, or ...
- F) Girls turn left here and up the summer road. F to L is a longish, steep hill ... the most challenging part of the course for you.



- G) From the top of the hill it's all flat and gradual down all the way to H.
- H) Turn left off of Telemark via "Shortcut" and left again onto Telemark.
- I) A long gradual uphill between I and J ... then intermittent gentle up and flat to L.
- J) J to L is intermittent gentle up and flat, ending at L with a gentle up.
- K) Oops ... no such spot on the map ... go figure!
- L) The top of the top ... hurray! From L to M is a long series of gentle downs and flats.
- M) Turn left off of Telemark onto Forest Lane here ... go straight through the shooting range and you'll see the finish area straight ahead in the distance.
- N) Turn left upon entering the stadium area, and do one lap around the outside being sure not to cut the corner outlined by the cones ... then on into the finish chute. Be sure to keep your finish order until officials can rip off your tag.

NOTE: Please remove your shoes before entering the lodge ... thank you!!