

FLCC 5K Course



- Mile 1 ————
- Mile 2 - - - -
- Mile 3 ······

Start
Finish

Upper Loop

Woodlot

Pond Loop

Course Descriptions

General Notes:

There are 4 short wooden foot bridge crossings which may be slippery depending on weather and footwear. Please Be Cautious!

There are two asphalt road crossings.

Spikes recommended.

Mile 1

Upper Loop

Rolling Hills: Mowed Grass and a total of (100 yards) in woods (Wood Chips).

Start to 500 yards is a 50 to 60 ft. gain in elevation.

Mile 2

Mowed grass and a short section in woods.

Significant downhill (80 ft. drop) from 1.4 to 1.6 mi (Baseball diamond to Road).

Pond loop undulates.

Mile 3 + 0.1

Begins with wooded trails then mowed grass.

Significant uphill (80 ft. rise) from road to baseball diamond (2.4-2.6 mi.).

Last 150m crosses a soccer field.