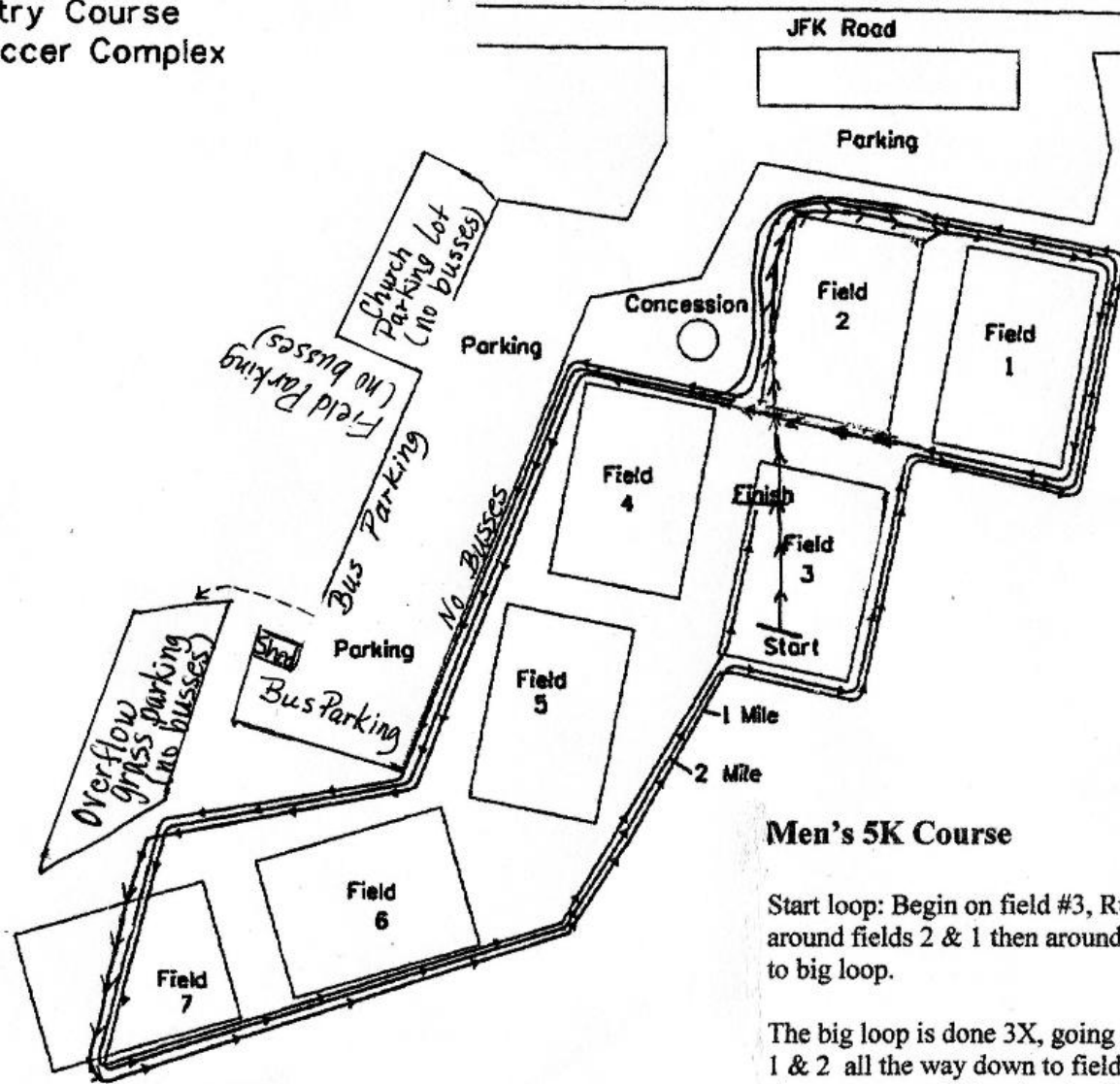


Cross, Country Course  
Dubuque Soccer Complex

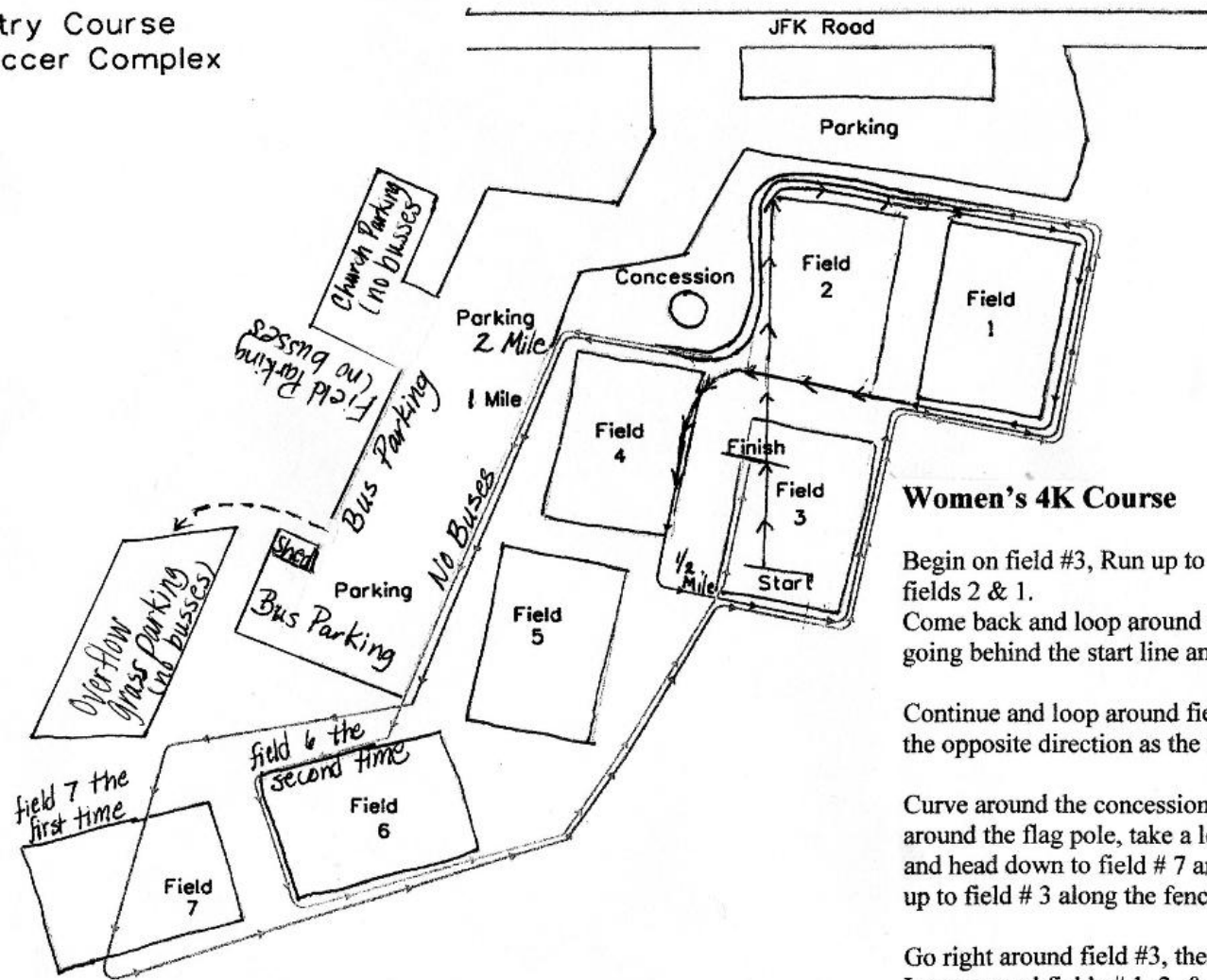


**Men's 5K Course**

Start loop: Begin on field #3, Run up to and around fields 2 & 1 then around field #4 to big loop.

The big loop is done 3X, going around fields 1 & 2 all the way down to field 7. On the 3<sup>rd</sup> time, runners will head to the finish on field 3.

Cross Country Course  
Dubuque Soccer Complex



**Women's 4K Course**

Begin on field #3, Run up to and around fields 2 & 1.

Come back and loop around field #3 going behind the start line and the goal.

Continue and loop around fields 1 & 2 in the opposite direction as the first time.

Curve around the concession area and around the flag pole, take a left after field #4 and head down to field #7 and then back up to field #3 along the fence line.

Go right around field #3, then Loop around fields #1, 2, & 4 to head back down to field #6, this time returning back up to the finish on field #3