

# Description of the Oakland Acres Cross Country Course

## Site of the 2008 NCAA Central Regionals

### **First Mile**

The first straight is approximately 400 meters and leads into a very gradual right turn. The first real turn is at approximately 500 meters into the course and goes to the right. To this point it is perfectly flat. As the runners return back toward the start, they move slightly uphill and pass 800 meters next to the 1<sup>st</sup> green. Once again on the flat, the course takes a straight shot back past the starting line. At about 1100 meters, runners turn left and go downhill along the no. 9 fairway. At the bottom, they will climb a short but fairly steep hill to the top of the dam of the pond. The approximately 250 meters to the mile mark is basically flat.

### **Second Mile**

A short and fairly steep uphill occurs after running around the pond. From this point, the runners are basically on the flat for the remainder of the loop. At about 1.5 miles, the runners move onto the western finger loop that travels out the no. 15 fairway. This loop is flat or rolling until the runners return to the initial loop. The two mile mark occurs as the runners approach the starting line.

### **Third Mile Women**

The runners begin a repeat of the initial loop until the 600 meter mark, where they move off the primary loop onto the women's finish loop). They do a short women's loop (to add the .1 mile that makes their course 5k) and re-join the men's finish loop to the finish.

### **Third and Fourth Miles for Men**

Runners repeat the initial 2 mile loop of the course.

### **Last Mile Men**

Runners begin initial loop a third time, but at the 600 meter mark, they move onto the finish loop for men (see dotted line on map) and continue to the finish.

The course is marked with both mile markers and kilometer markers for both race distances.

