



## Runnin' The Rock XC Course Map

### *Whidbey Island Running Club Cross Country Meet Course Description*

All courses start in the lower right, parallel to North Golf Course Road, head north, and proceed in a counterclockwise direction. The actual course will not have colored lines - the colors described here refer to the Google Earth map.

**800m** - Follow light blue line in one small, incomplete loop. Straight at A, veer left at B, veer left at D, stay left at E, straight at F to finish line.

**1500m** - Follow the red line all the way around the perimeter of the golf course (back 9 holes). Straight at A, veer right at B, straight at C, stay right at E, straight at F to finish line.

**3000m** - Same as 1500m till a veer/turn left at point F, the green connector line. Follow green connector line till left turn at point A and follow red line a second time, this time going straight at point F to the finish line. Basically two 1500m loops with the exception of the green connector line between loops.

**4000m** - Follow red line to intersection B and veer/turn left, running south of the trees. Follow yellow 1000m loop clockwise till a veer left at point G then a merge back on the red 1500m loop at point C. Continue on red 1500m loop twice using the green connector line at point F between loops and finish spur at F the second time, just like the 3000m course.

### **Parking:**

The map is labeled with one capital "P" on the golf course and three capital "P's" to the west of the golf course that are suitable for parking. Please don't park on the lower paved section of the golf course parking lot as this will be used for golfers on the front nine holes. Parking on the side of N Golf Course Road is prohibited.