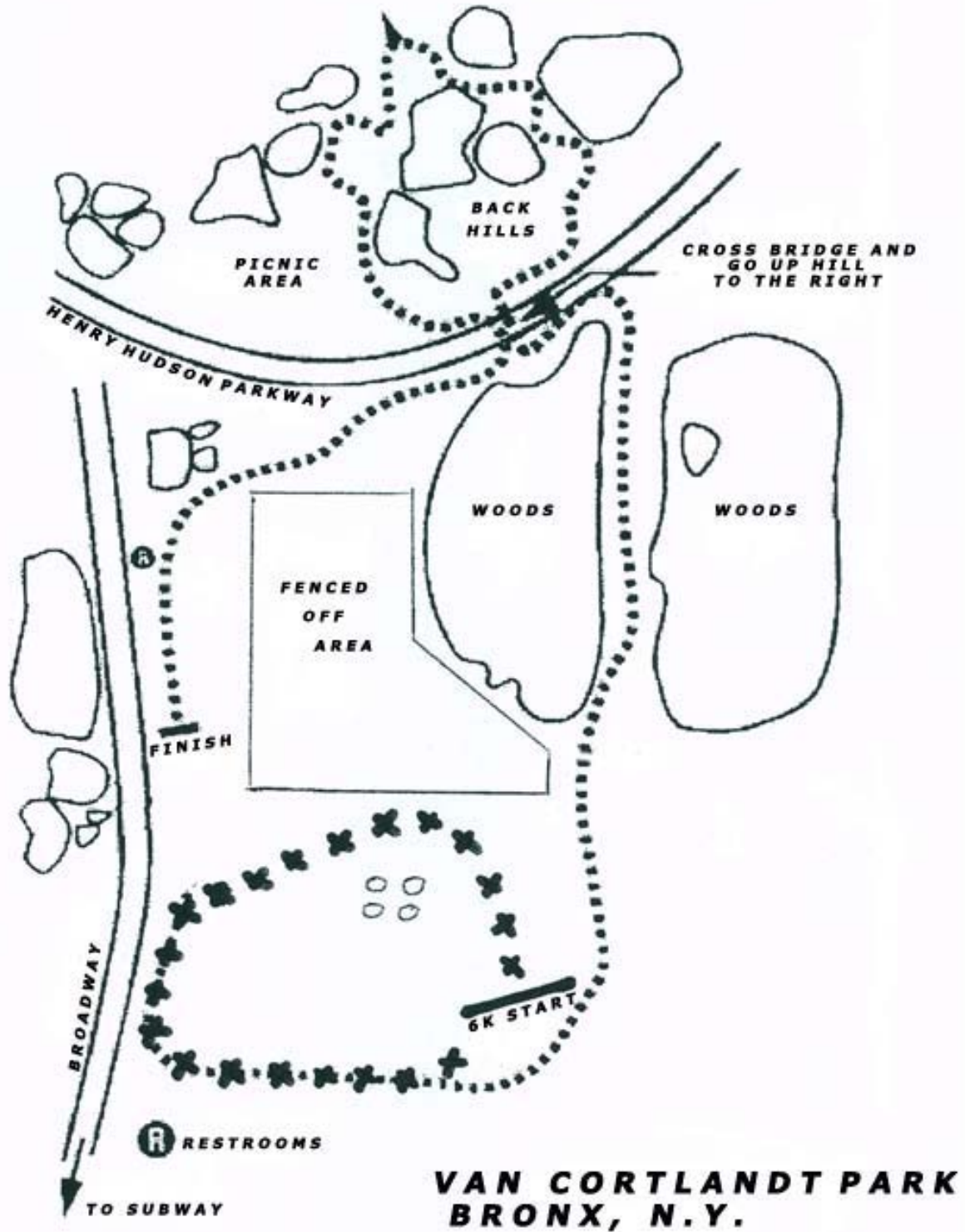
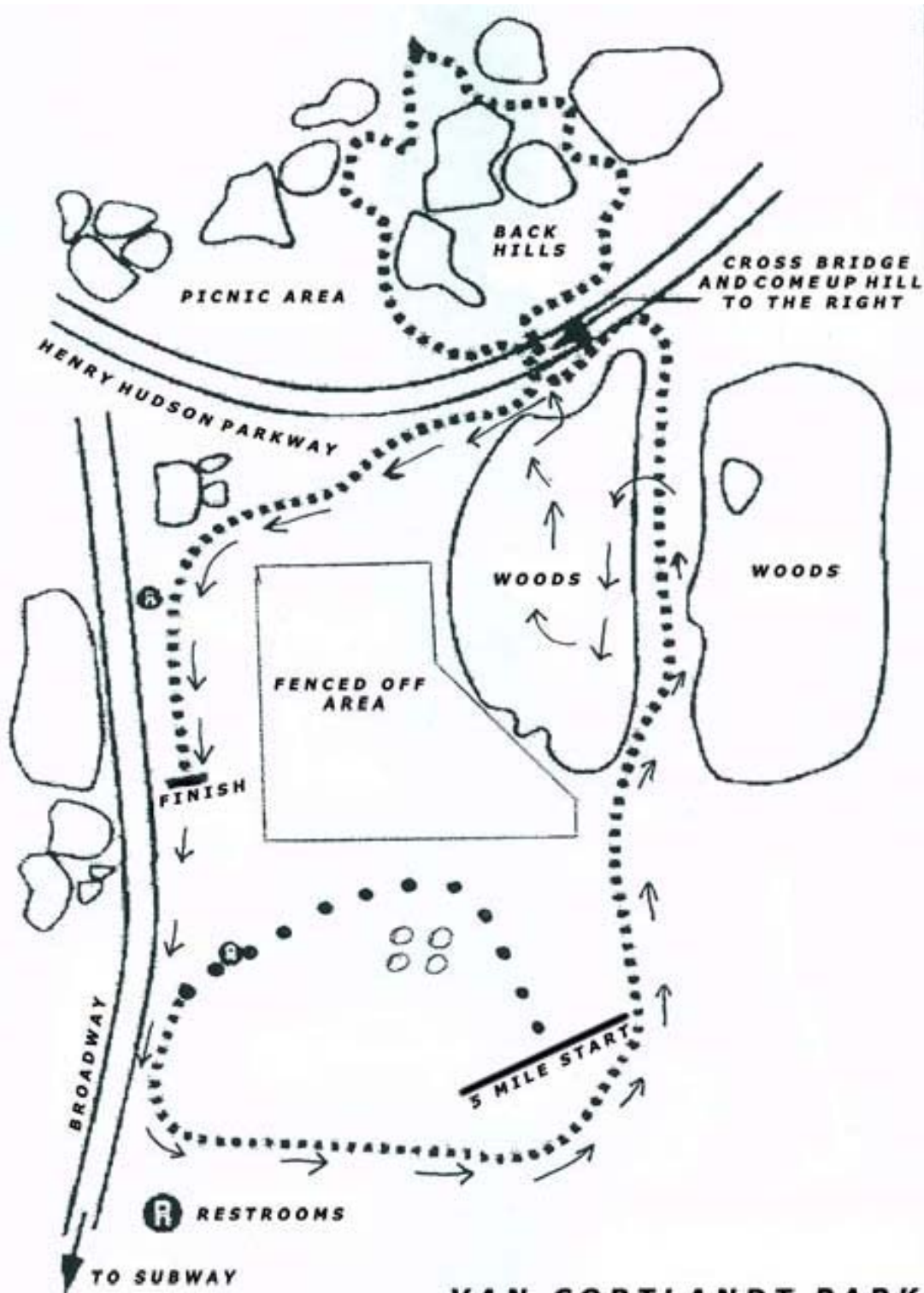


APPENDIX C – WOMEN'S COURSE MAP



**6K COURSE
2X LOOPS
THEN ...**

APPENDIX C – MEN'S COURSE MAP



VAN CORTLANDT PARK
BRONX, N.Y.

5 MILE COURSE
• **FIRST 3 MILES**
➔ **LAST 2 MILES**