

# Wartburg College Max Cross Country Course

← 4 MILE

← 2 MILE

Women's turn →  
2nd loop only

← 3 MILE - Men

← 3 MILE - Women

← 1 MILE

Men and Women →  
1st loop  
Men 2nd loop →

Team  
Camps

**FINISH**

**START**

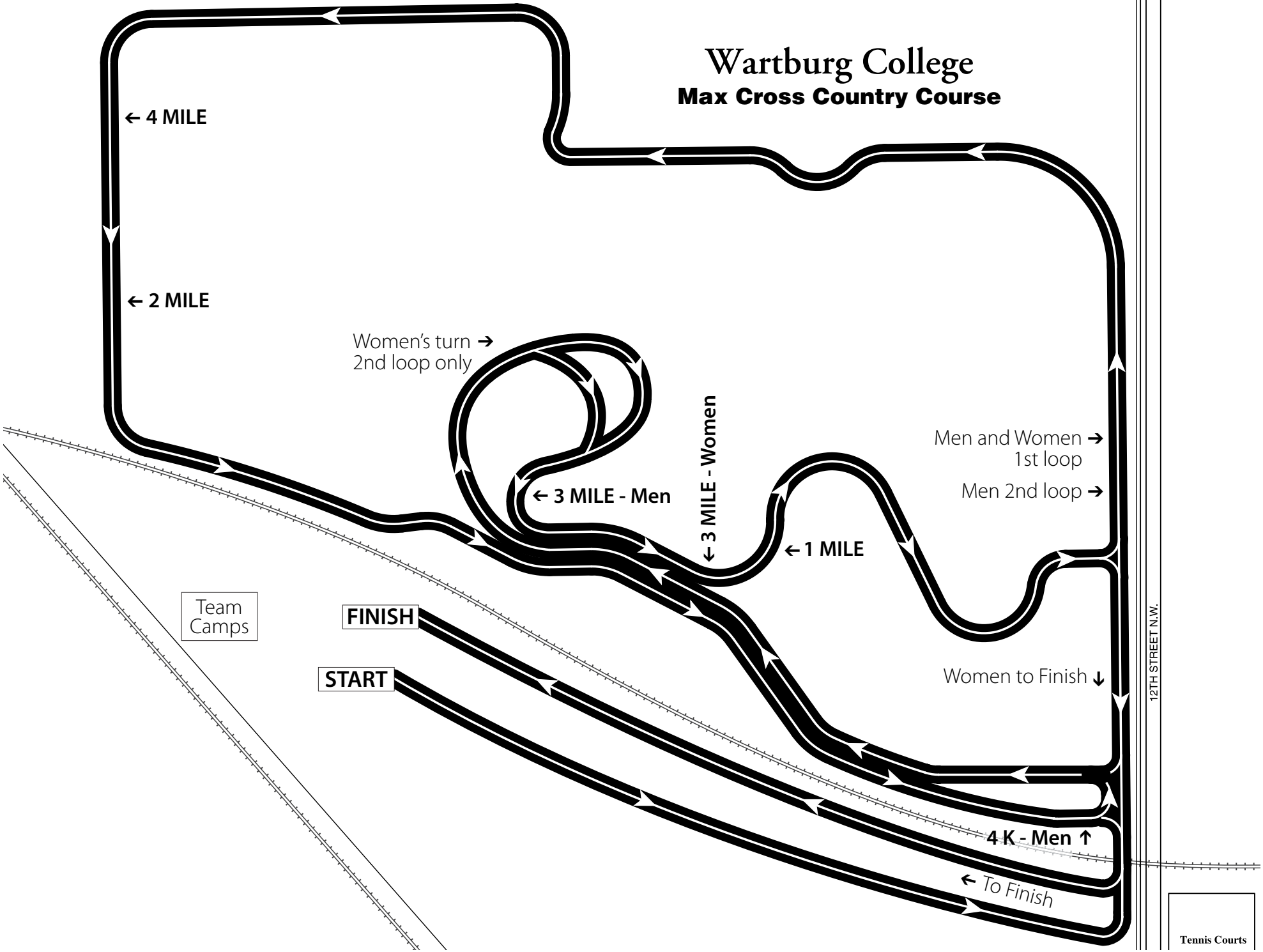
Women to Finish ↓

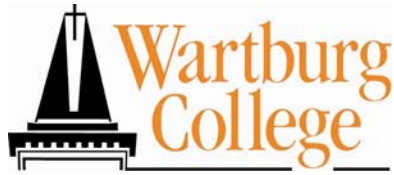
4 K - Men ↑

← To Finish

12TH STREET N.W.

Tennis Courts





## **Wartburg College Max Championship Cross Country Course Course Description**

Starting line is on the west end of the Hertel Athletic fields on the NW corner of Wartburg College campus.

Men's 8K and Women's 6K courses follow the same first 2.75 miles.

Runners start with 500 meters of flat running straight east across the athletic fields before starting a wide turn through trees on the east end of the fields.

The wide 180 degree left turn crosses the railroad tracks (at 600 m) and continues to turn left to the north side of "The Rock" by 12<sup>th</sup> St.

Runners head west for 300 meters before turning to the north. Runners follow a 500m loop turning right then another loop turning left and head to the mile post.

After passing the 1 mile mark runners wind their way up the gradual hill then head toward 12<sup>th</sup> street.

Both men and women turn to the north when they get along 12<sup>th</sup> St. and complete the gently rolling perimeter loop until they eventually return to "The Rock" by the railroad track crossing area. This is the 4K mark.

Both men and women turn 180 degrees to the left around "The Rock" and begin to repeat the course.

Men: Men's race ompletes a second loop of the entire course. After completing the perimeter loop and returning to "The Rock" they turn right across the railroad tracks to the finish line located next to the starting line.

Women: After the 4K mark, the women will turn right 180 degrees around "The Rock" and repeat the straight to the west again. This second time the women turn right on the inside cut across the loop and repeat the winding hill. When the women get to 12<sup>th</sup> St. they turn right (south) and head straight down the hill, across the railroad tracks and 580 meters to the finish.

