

Ancil Hoffman 6K XC

This is what I consider the only “East Coast” style XC course currently in our series. It is “East Coast” because it has a lot of running in green grass fields. You start by looping around a large grass field. When you leave the field you are on a dirt trail as you run next to a nature area. I believe there is an occasional asphalt road to cross and at least one wood bridge. Somewhere in that area you pass the mile mark. Once you get to the American River and start running alongside it you are running in a single auto tire width dirt track, but you can get onto the grass to either side of that track to pass someone. Eventually you turn right and head up a small hill away from the river and around some tennis courts. The 2-mile mark is either in this area or just before you leave the river. You are once again on a dirt path but you do run up a small hill on single track trail, down the hill to cross a road, up another similar hill, and finally descend into the field that you started in. You will soon see the 3 mile mark letting you know you have just under $\frac{3}{4}$ mile to go. This is all on grass as you loop the field. The final stretch as you drive toward the finish rolls up and down (undulates). Overall this is the flattest course in the series but the grass does keep it from being a total speed race. JR

