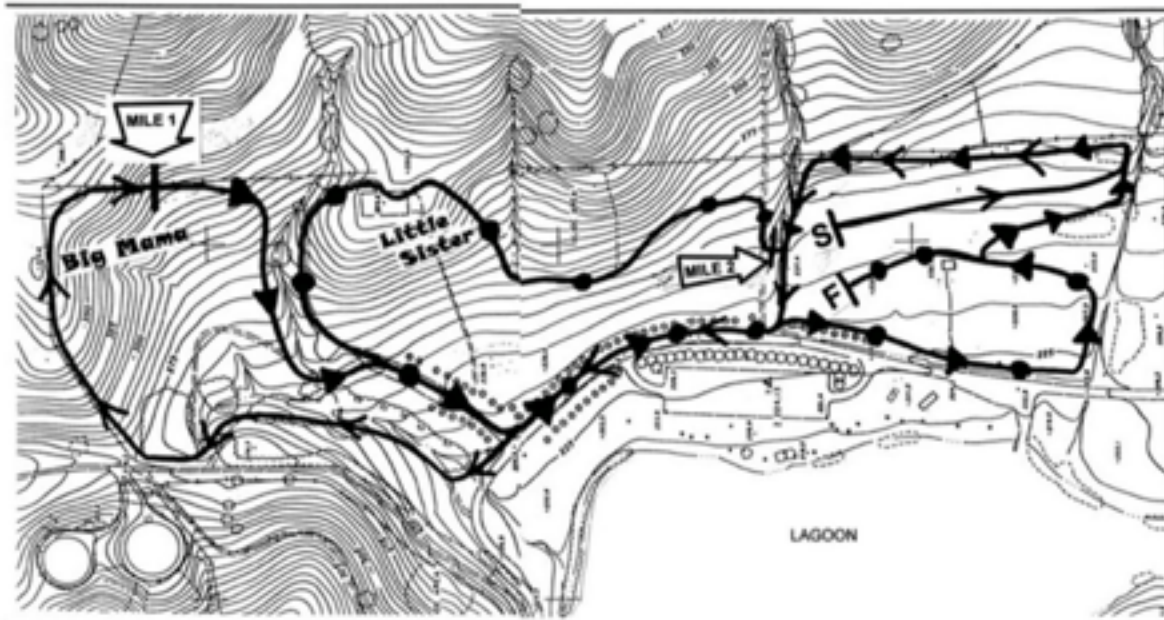


Lagoon Valley 3 Mile XC Course, Lagoon Valley Park, Vacaville, CA

This is a challenging course on almost all packed dirt trail. There is essentially no shade so if it is hot and sunny you will notice it. A map of the course is below. You start by running at an angle across a field of dead grass, take what is nearly a hairpin turn and run the other way in that field. At the end of the field you take a left and run parallel to a gully until you almost reach the road. There you take a right onto a trail that is next to the road (this small section has the only shade) and start heading for the big hill - BIG MAMA . You run a few tenths of a mile of flat to slightly uphill terrain until you get to the hill. This is a very steep hill and probably the longest steepest hill that is on the current PA USATF XC circuit. You pass the mile mark on the way up. You go back down the hill by another path. This downhill it is a bit treacherous (especially if you have bad knees) with a fairly sharp turn near the bottom. You are now going slightly down until you get back to the road. You take a left onto the trail that runs next to the road. I believe you are on a some asphalt until you get to the trail. You are now running back toward the starting area. You pass it and run an S-shape in the field and then join the same trail you were on after that near hairpin turn near the start. You are now running that section again, but instead of running all the way to the road you take a right and cross the gully. You are now at the 2-mile mark and you are going slightly uphill with some roll (a little downhill) until you get to the second hill - LITTLE SISTER. It is smaller, but not easy. You then go downhill and join the trail you were on when you came down BIG MAMA. You are still a bit over half a mile from the finish. You then repeat what you ran on the first loop, but where you complete the S you instead head to the finish (100m).

VARSIITY 3 MILE COURSE



1ST MILE	→ → →
2ND MILE	→ → →
3RD MILE	• • •