

## UC Santa Cruz XC Challenge

The course is 4 miles all on trails and has what you might be categorized as a stem-loop structure. Think about running half way around a loop (clockwise) and then going off the loop to run the “stem”. You then take a hairpin (180 degree) turn, run back down the stem and finish the loop. The Open and Masters run together with a narrow start. The first mile plus is uphill, the stem section has a bit of a roll but it is net uphill. The turn around is just before the 2 mile mark. From there it is basically all down hill except for some early roll. The first few miles have some sandy areas and there are a lot of roots in the last mile. The finish is about 100 meters uphill (retracing a small bit of the start). If there is a marine layer the conditions are good, but a bit humid. If the fog has burned off it can be hot, especially in miles 2 and 3. A course map is below.

