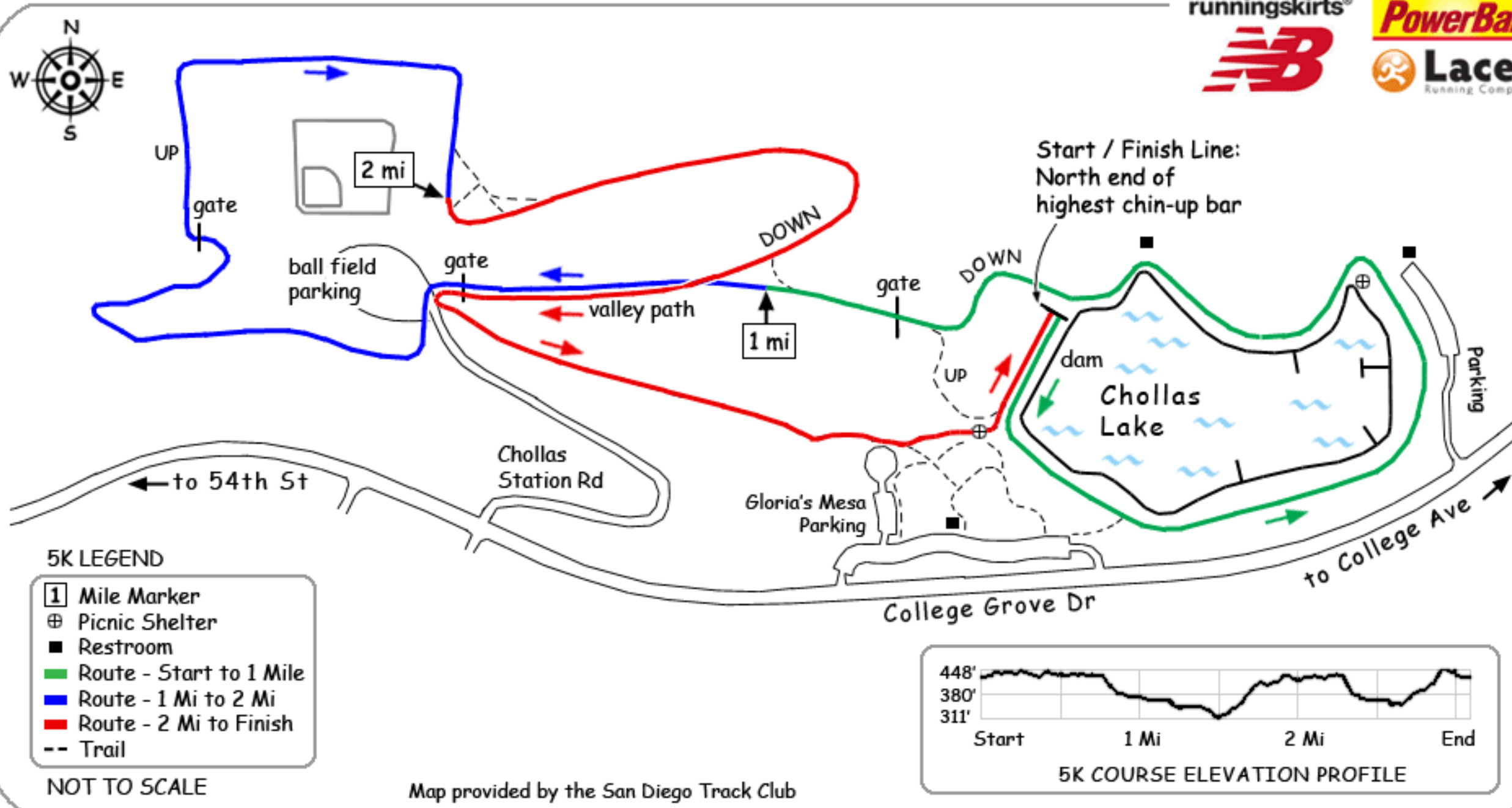




**USATF San Diego-Imperial Association  
YOUTH CROSS COUNTRY SERIES  
Florence Griffith Joyner Youth Foundation  
Flo-Jo International Run - 5K Race  
Chollas Lake, Lemon Grove**



5K route description: From the starting line near the north end of the dam, run south on the dam and follow the lake path left all the way around the lake. After passing the start/finish area, continue west and run the steep downhill then follow the valley path to the ball field parking lot. Turn left, head south toward a trail on the south side of the parking lot. Follow the trail, using the cones and flags to navigate the route. Run uphill to the mesa above the ballfield, turn right and follow the cones and flags to descend to the valley path heading west again. Take a sharp left turn when you reach the parking lot and follow the gradual uphill path to the Gloria's Mesa parking area, staying to the north of the parking lot. Follow the path downhill, run right through the picnic shelter, then turn left and run back on the dam to the start/finish line.