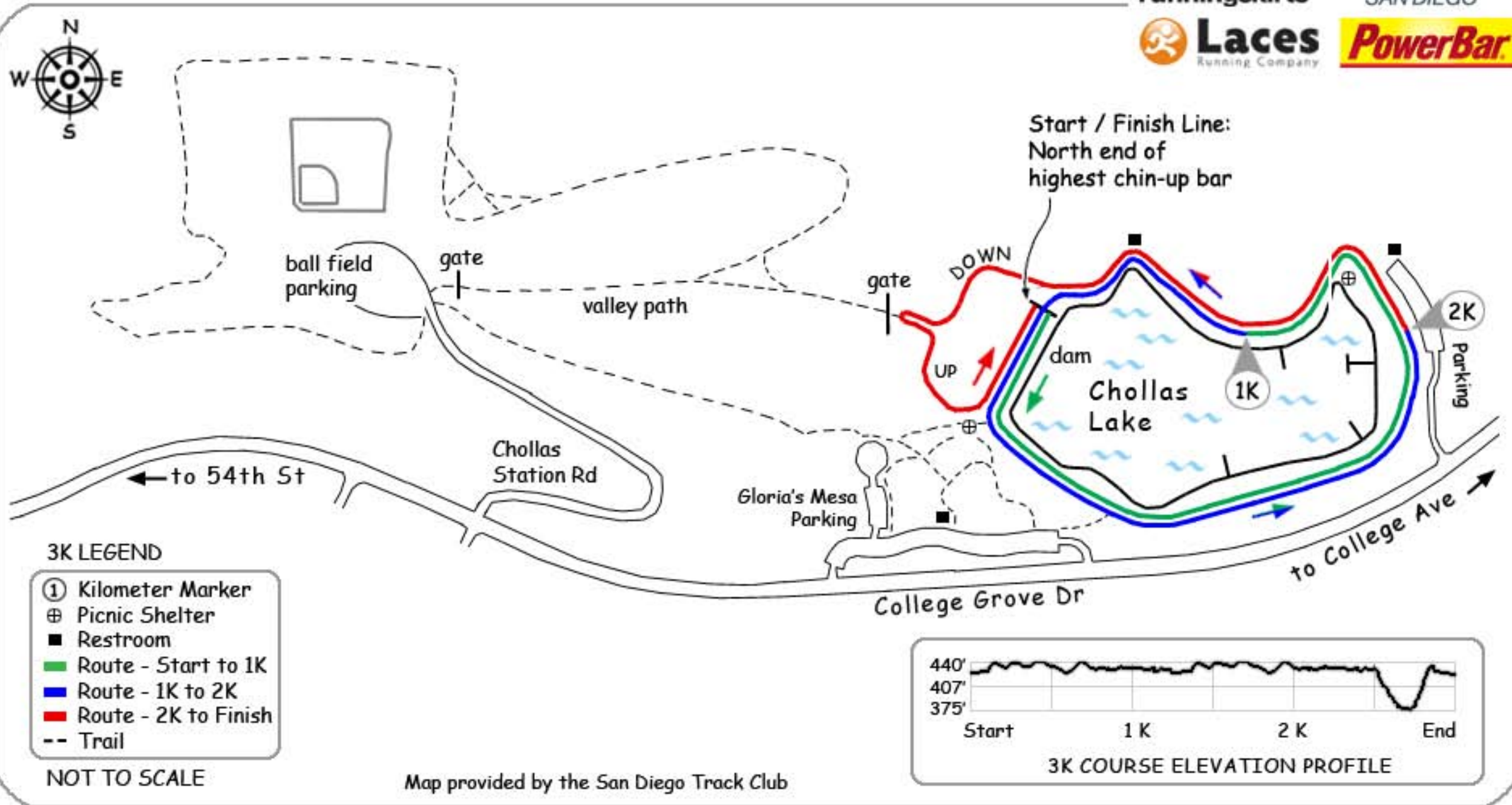




**USATF San Diego-Imperial Association
YOUTH CROSS COUNTRY SERIES
Florence Griffith Joyner Youth Foundation
Flo-Jo International Run - 3K Race
Chollas Lake, Lemon Grove**



3K 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 two times. After passing the start/finish area for the second time, continue west and run the steep downhill and follow the valley path to the turnaround 22 yards short of the gate (as shown). After turning back, turn right and follow the steep uphill path to the top of the dam. Turn left and run back on the dam to the start/finish line.