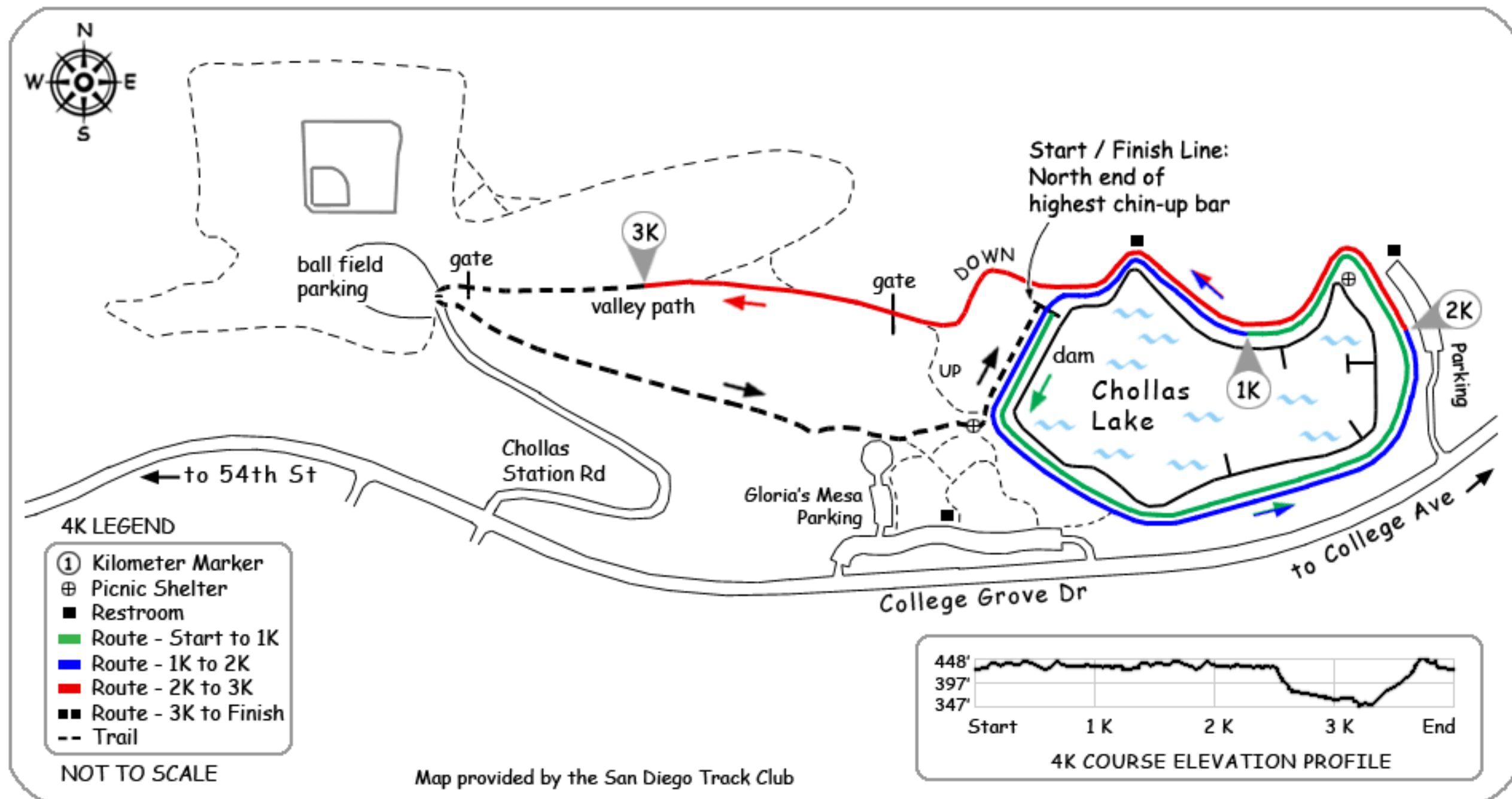




**USATF San Diego-Imperial Association
YOUTH CROSS COUNTRY MEET
Florence Griffith Joyner Youth Foundation
Flo-Jo International Run - 4K Race
Chollas Lake, Lemon Grove**



4K 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 ball field parking lot. 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.