

USATF San Diego-Imperial Association YOUTH CROSS COUNTRY SERIES



USATF
SAN DIEGO

Junior Olympic Championships - 5K Race Kit Carson Park, Escondido



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5K route description:

After a grassy start, follow the Queen Califia dirt loop.

Following the loop, turn left and continue on dirt path turning left at sidewalk. Grass and partial pavement route continues under the snake sculpture along Park Drive.

Turn left at concrete bridge and then make a right turn onto the grass area. Make a small counterclockwise loop going around the BBQ pit and then cross the road and return to dirt path.

Continue on the slightly downhill path past the start/finish area turning right to head into Roller Coaster Hill Loop.

After the Roller Coaster Hill Loop, continue on path and repeat the Snake Sculpture loop. After looping BBQ pit at north end of the course, go through gap in the chain link fence, and turn left to run along another dirt path. Turn right to run the Roller Coaster Hill Loop again, but in the opposite direction this time. Coming off the hill, make a right turn followed by left turn to grassy finish line.

5K LEGEND

- BBQ Barbecue pit
- ⌘ Creek (usually dry)
- 1 Mile Marker
- ⌘ Pedestrian Bridge
- ⌘ Restroom
- Route - Start to 1 Mile
- Route - 1 Mi to 2 Mi
- Route - 2 Mi to End

NOT TO SCALE

Course Design: Mike Mena
Map provided by the San Diego Track Club