



USATF San Diego-Imperial Association November 10, 2019

San Diego RoadRunners Youth Cross Country Meet - 4K Race Kit Carson Park, Escondido



4K LEGEND

- Creek (usually dry)
- Kilometer Marker
- Parking
- Pedestrian Bridge
- Restroom
- Route - to 1K
- Route - 1K to 2K
- Route - 2K to 3K
- Route - 3K to finish

NOT TO SCALE



4K ROUTE DESCRIPTION:

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

After finishing the loop, turn left and continue on a dirt path turning left at the sidewalk.

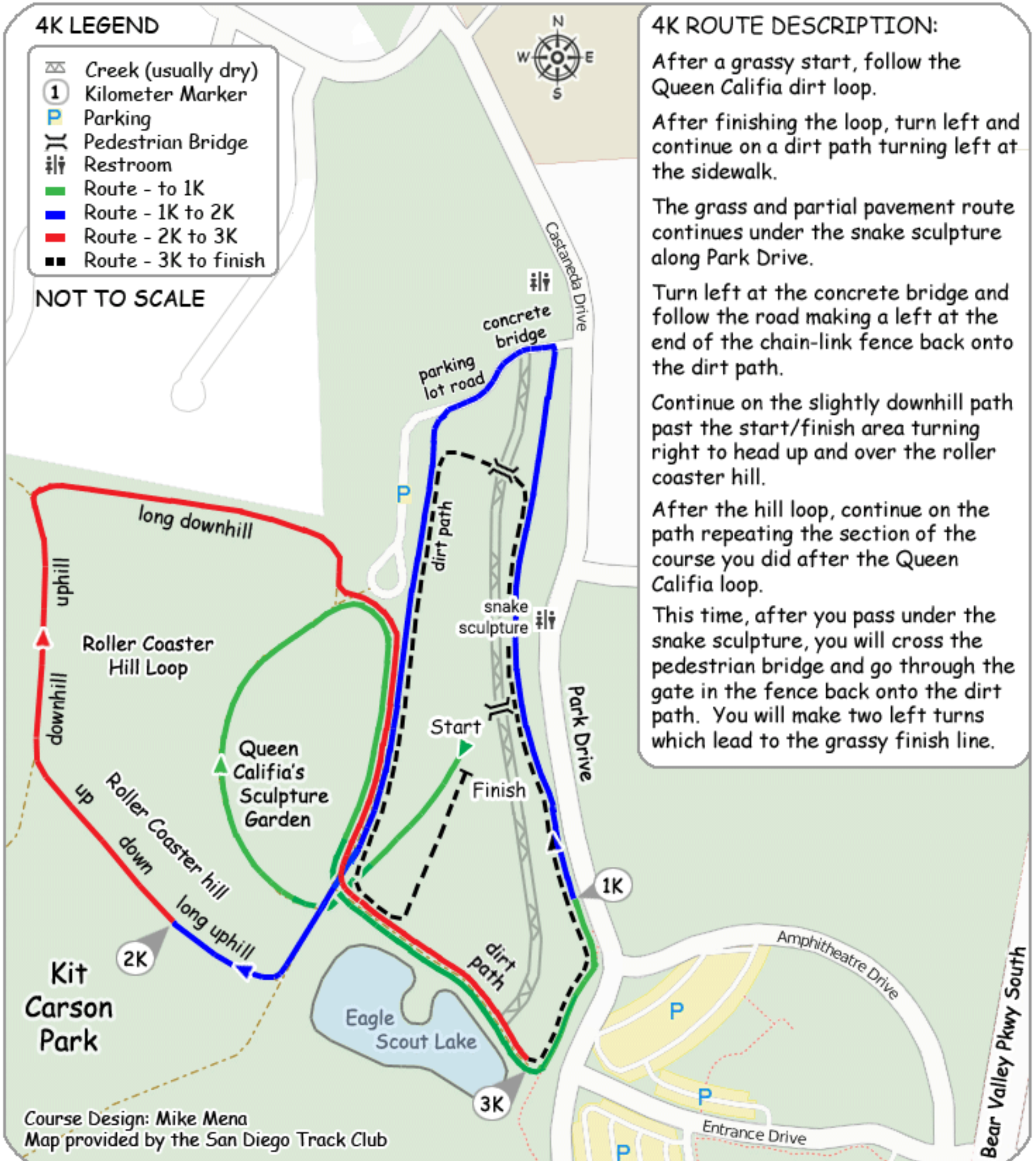
The grass and partial pavement route continues under the snake sculpture along Park Drive.

Turn left at the concrete bridge and follow the road making a left at the end of the chain-link fence back onto the dirt path.

Continue on the slightly downhill path past the start/finish area turning right to head up and over the roller coaster hill.

After the hill loop, continue on the path repeating the section of the course you did after the Queen Califia loop.

This time, after you pass under the snake sculpture, you will cross the pedestrian bridge and go through the gate in the fence back onto the dirt path. You will make two left turns which lead to the grassy finish line.



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

Bear Valley Pkwy South