

USATF San Diego-Imperial Association

November 17, 2019

Association Junior Olympic Championships









5K Race

Kit Carson Park, Escondido



USATF
SAN DIEGO

5K LEGEND

-  Creek (usually dry)
-  Mile Marker
-  Parking
-  Pedestrian Bridge
-  Restroom
-  Route - Start to 1 Mile
-  Route - 1 Mi to 2 Mi
-  Route - 2 Mi to End

NOT TO SCALE



5K ROUTE DESCRIPTION:

After a grassy start, turn left and run east along Eagle Scout Lake on dirt path.

Turn left before reaching the street and follow the red and white course markings north. The course **DOES NOT** go onto the road.

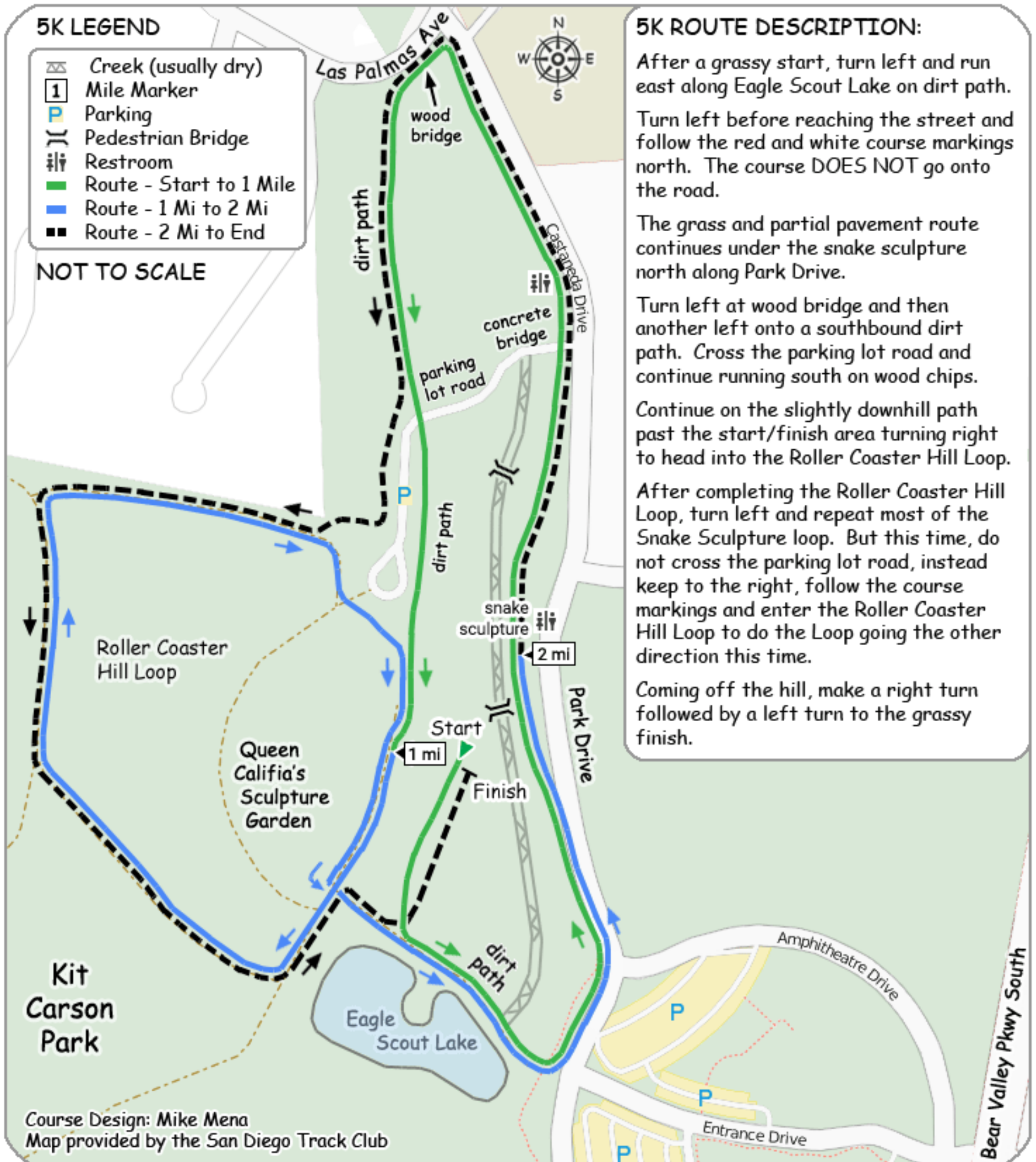
The grass and partial pavement route continues under the snake sculpture north along Park Drive.

Turn left at wood bridge and then another left onto a southbound dirt path. Cross the parking lot road and continue running south on wood chips.

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

After completing the Roller Coaster Hill Loop, turn left and repeat most of the Snake Sculpture loop. But this time, do not cross the parking lot road, instead keep to the right, follow the course markings and enter the Roller Coaster Hill Loop to do the Loop going the other direction this time.

Coming off the hill, make a right turn followed by a left turn to the grassy finish.



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

Bear Valley Pkwy South