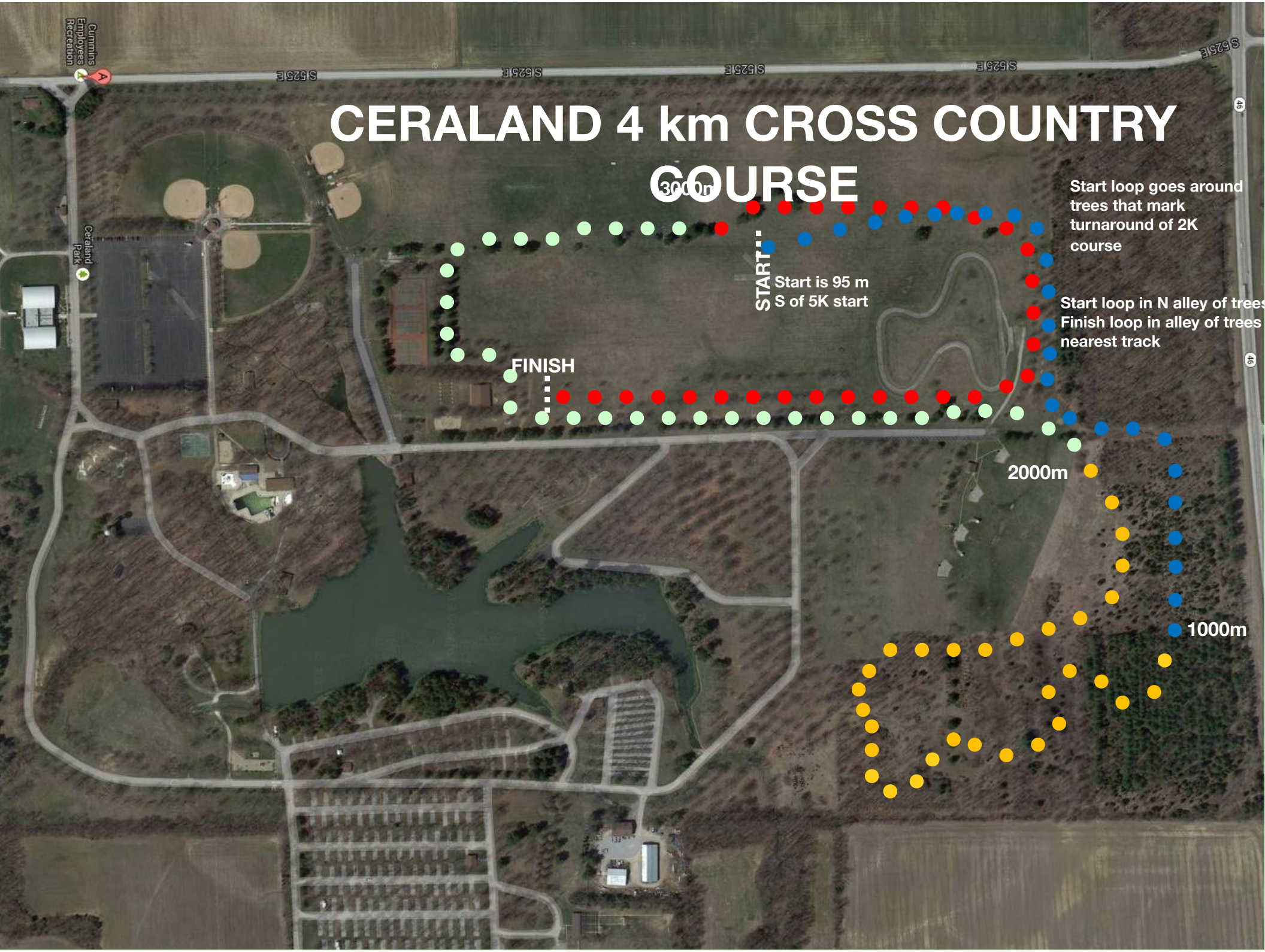
CERALAND 4 km CROSS COUNTRY COURSE
3000m
START
Start is 95 m S of 5K start
FINISH
Start loop goes around trees that mark turnaround of 2K course
Start loop in N alley of trees
Finish loop in alley of trees nearest track
2000m
1000m
Cummins Employees Recreation
Ceraland Park
S 525 E