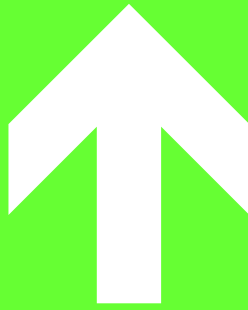


first 3500m



last 500m

# 4 km Course

follow

blue signs (first 3500m)

then

green signs (last 500m)

