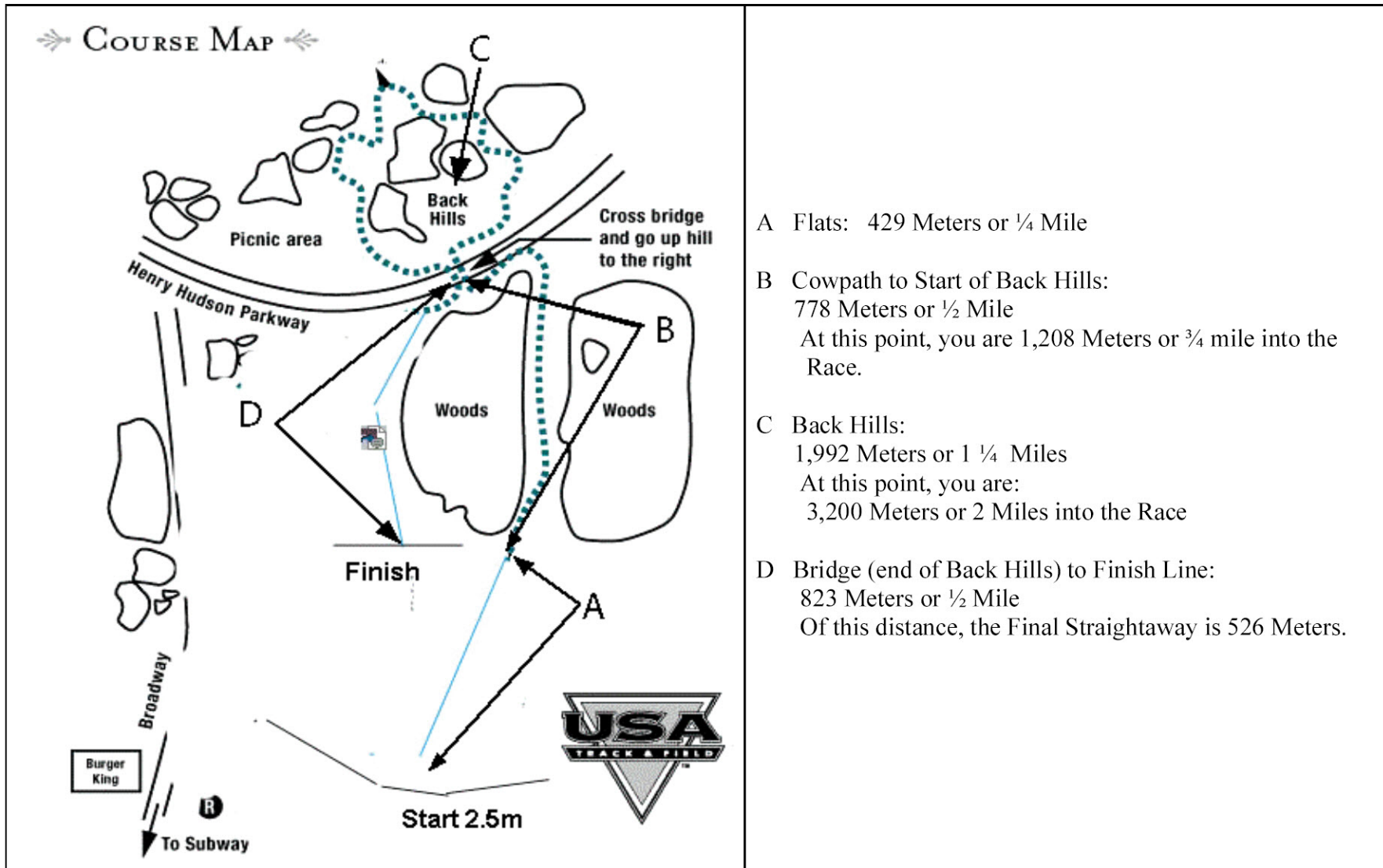


Van Cortlandt Park 2.5 Mile Varsity Course



A Flats: 429 Meters or 1/4 Mile

B Cowpath to Start of Back Hills:

778 Meters or 1/2 Mile

At this point, you are 1,208 Meters or 3/4 mile into the Race.

C Back Hills:

1,992 Meters or 1 1/4 Miles

At this point, you are:

3,200 Meters or 2 Miles into the Race

D Bridge (end of Back Hills) to Finish Line:

823 Meters or 1/2 Mile

Of this distance, the Final Straightaway is 526 Meters.