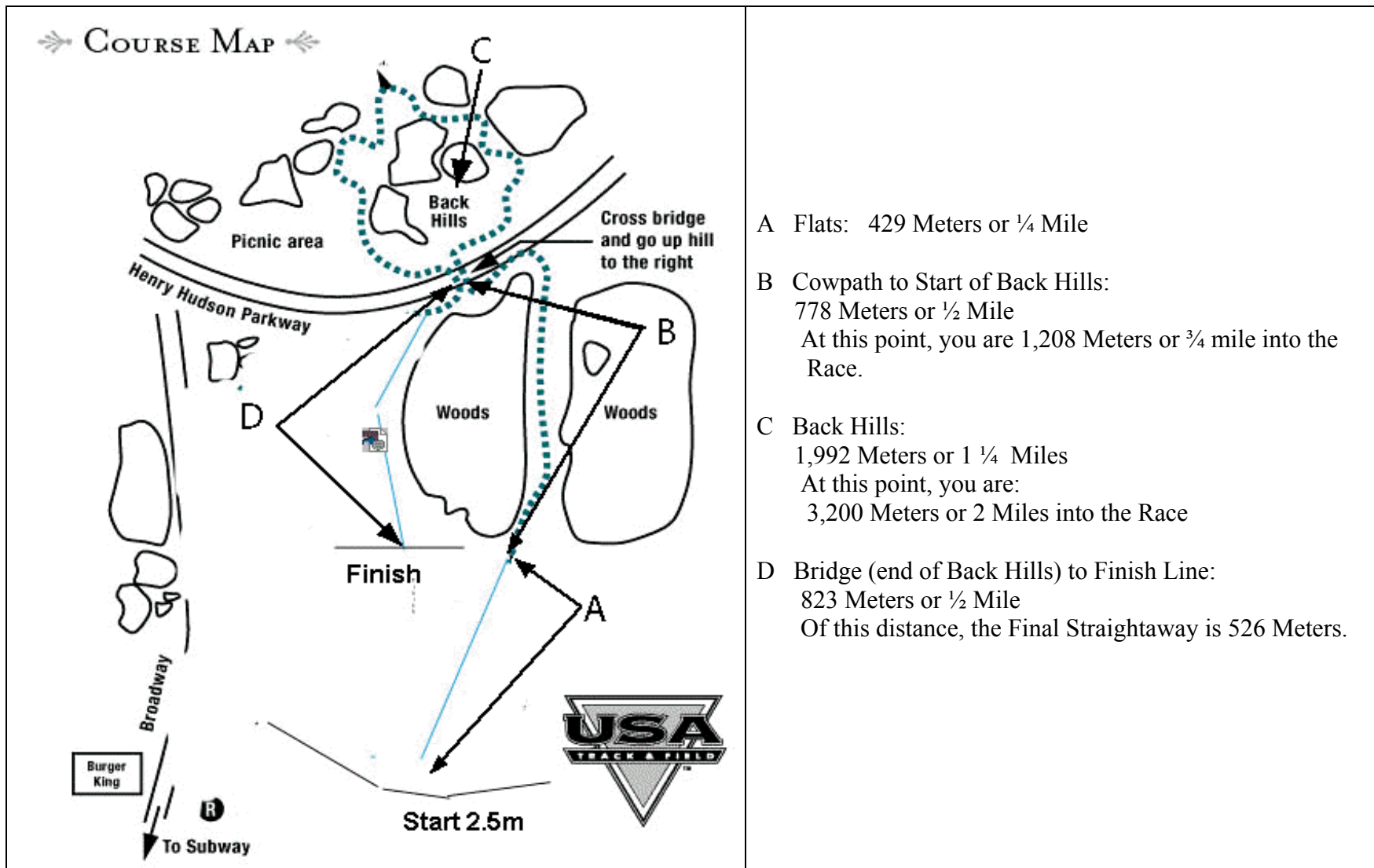


Van Cortlandt Park 2.5 Mile Varsity Course



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:

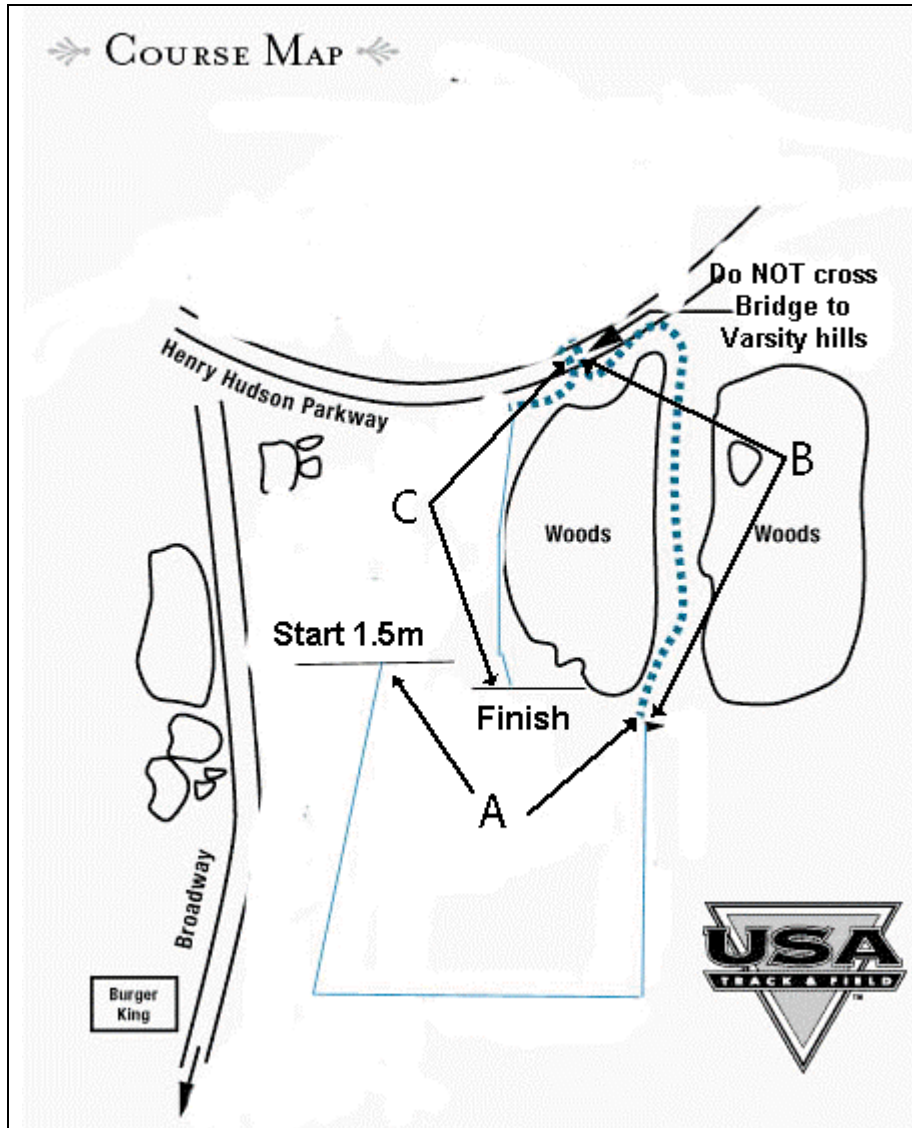
3,200 Meters or 2 Miles into the Race

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

823 Meters or 1/2 Mile

Of this distance, the Final Straightaway is 526 Meters.

Van Cortlandt Park 1.5 Mile Freshman Course



- A Flats: 1,003 Yards or 917 Meters.
- B Cowpath to Bridge (top of Course):
795 Yards or 726 Meters.
At this point, you are:
1,643 Meters into the race.
- C Bridge to Finish Line:
843 Yards or 771 Meters.
Of this distance, the Final Straightaway is:
575 Yards or 526 Meters.

Van Cortlandt Park
1.5 Mile Freshman Course