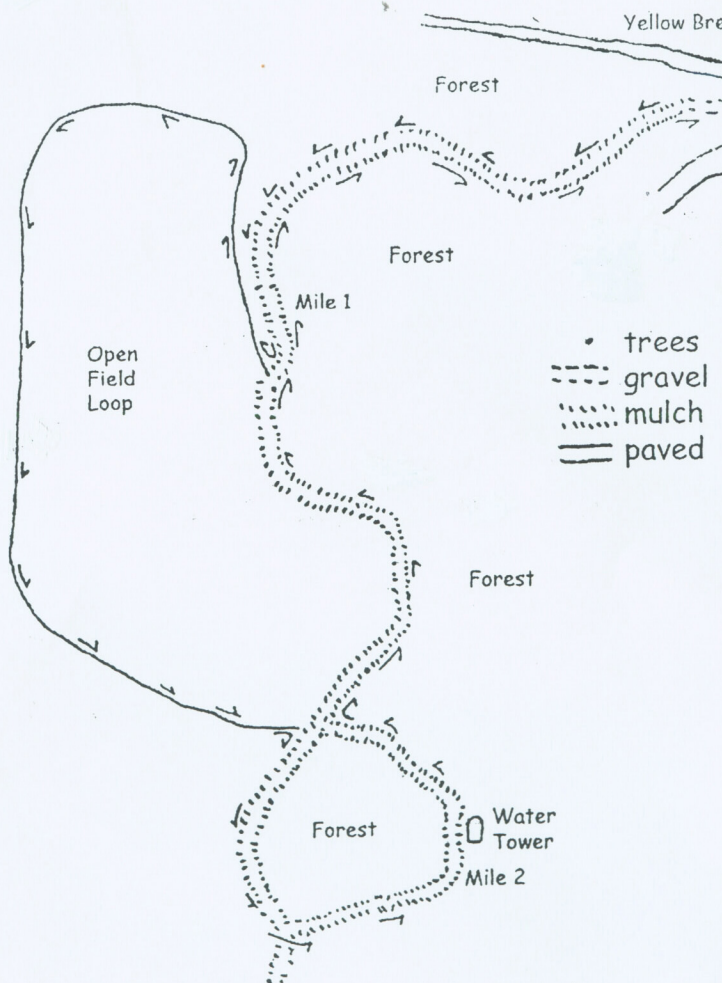
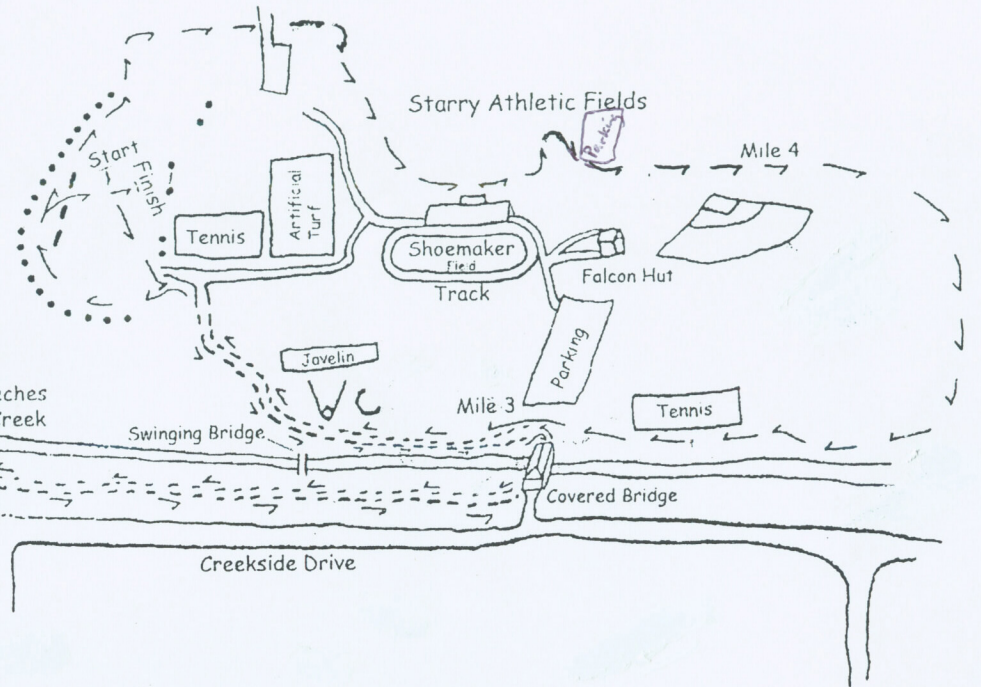


MESSIAH COLLEGE Men's Cross Country Course (8K)

(follow white course markings)

Locker Rooms: Eisenhower Campus Center (west entrance)
Falcon Hut
Restrooms: Falcon Hut



- trees
- - - gravel
- · · mulch
- paved

Campus Buildings

to Eisenhower Building/
Sollenberger Sports Center

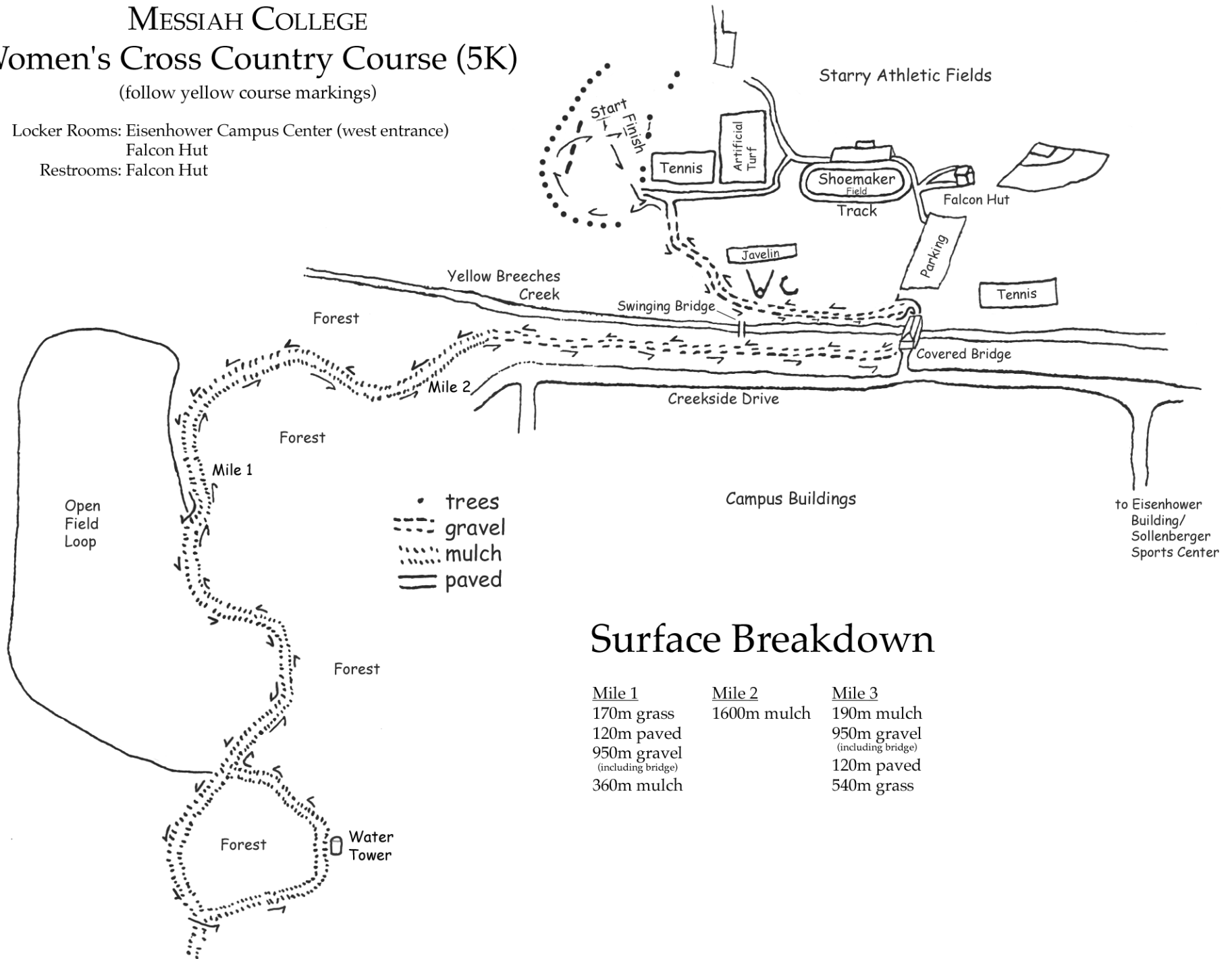
Surface Breakdown

Mile 1	Mile 2	Mile 3	Mile 4	Mile 5 (8k)
170m grass	100m mulch	1050m mulch	400m gravel	540m grass
120m paved	1250m field	550m gravel (including bridge)	120m paved	400m gravel
950m gravel (including bridge)	250m mulch		1080m grass	120m paved
360m mulch				540m grass

MESSIAH COLLEGE Women's Cross Country Course (5K)

(follow yellow course markings)

Locker Rooms: Eisenhower Campus Center (west entrance)
Falcon Hut
Restrooms: Falcon Hut



Surface Breakdown

Mile 1	Mile 2	Mile 3
170m grass	1600m mulch	190m mulch
120m paved		950m gravel (including bridge)
950m gravel (including bridge)		120m paved
360m mulch		540m grass