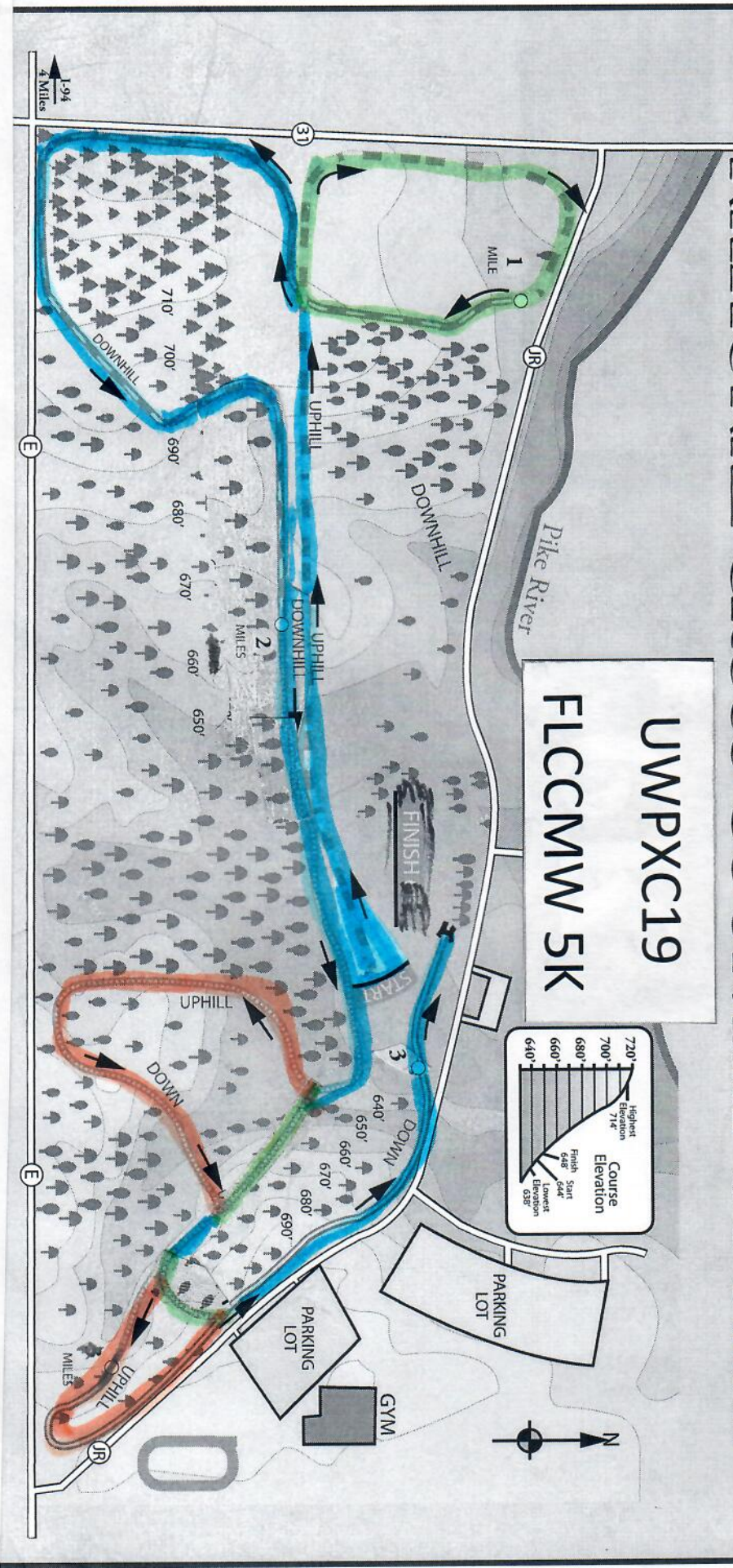
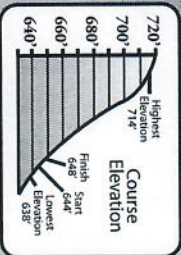


Wayne E. Dammeh I

NATIONAL CROSS COUNTRY COURSE

UWPXC19

FLCCMW 5K



PART OF ORIGINAL ROUTE

ADDITION TO ROUTE

REMOVED FROM ROUTE

FLCCMW has altered the 2019 course due to recent record high rainfall and snow the past few weeks. At the 1 kilometer mark a kilo loop will be added on the upper prairie portion of the course (This loop is utilized on the UWP collegiate women's 6K route). After completing the 1K addition the course will then run as in the past to the 4K mark. At that point two muddy 500 meter sections of the course will be removed from the route. The course will finish normally the last 600 meters.