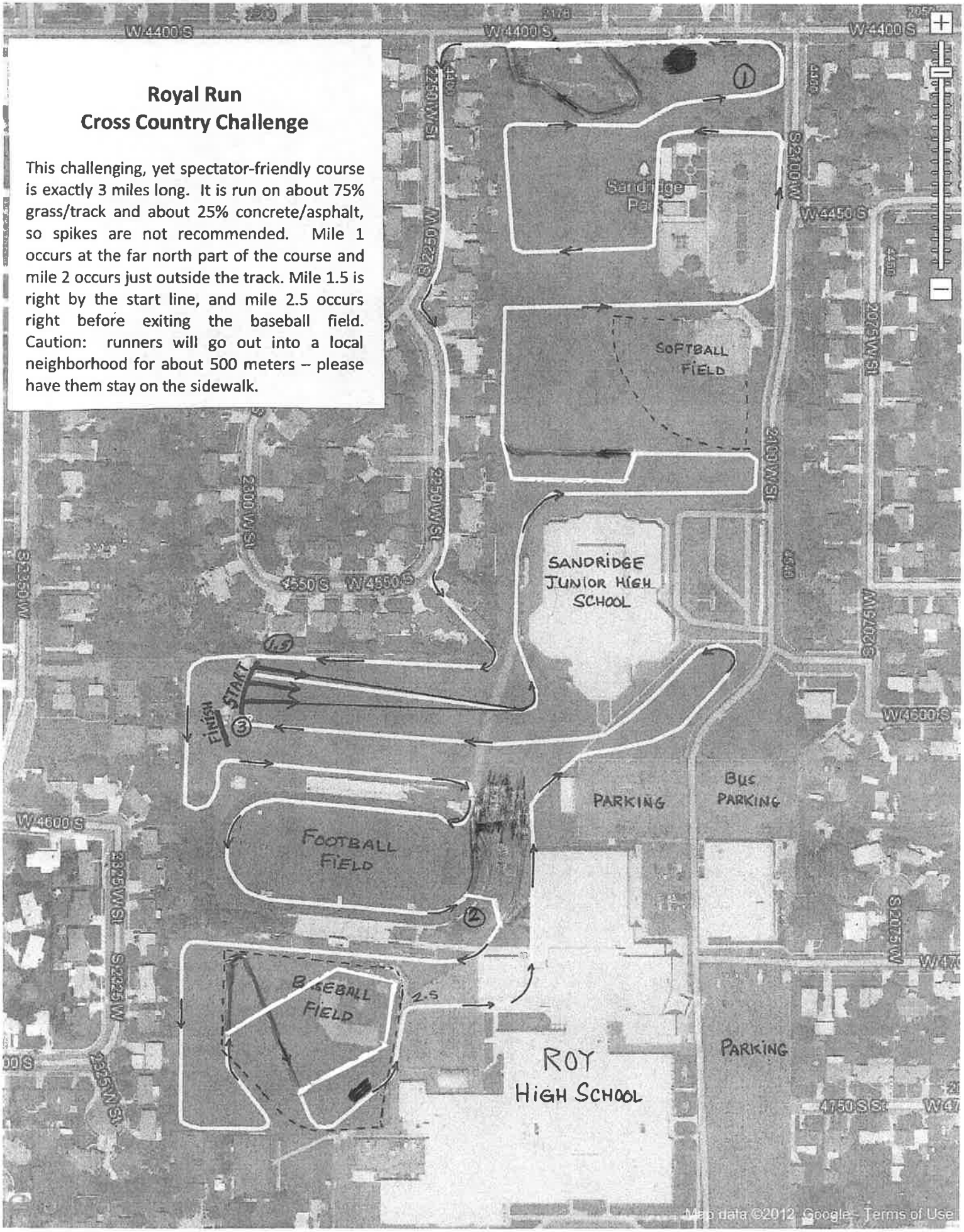
Royal Run
Cross Country Challenge

This challenging, yet spectator-friendly course is exactly 3 miles long. It is run on about 75% grass/track and about 25% concrete/asphalt, so spikes are not recommended. Mile 1 occurs at the far north part of the course and mile 2 occurs just outside the track. Mile 1.5 is right by the start line, and mile 2.5 occurs right before exiting the baseball field. Caution: runners will go out into a local neighborhood for about 500 meters – please have them stay on the sidewalk.