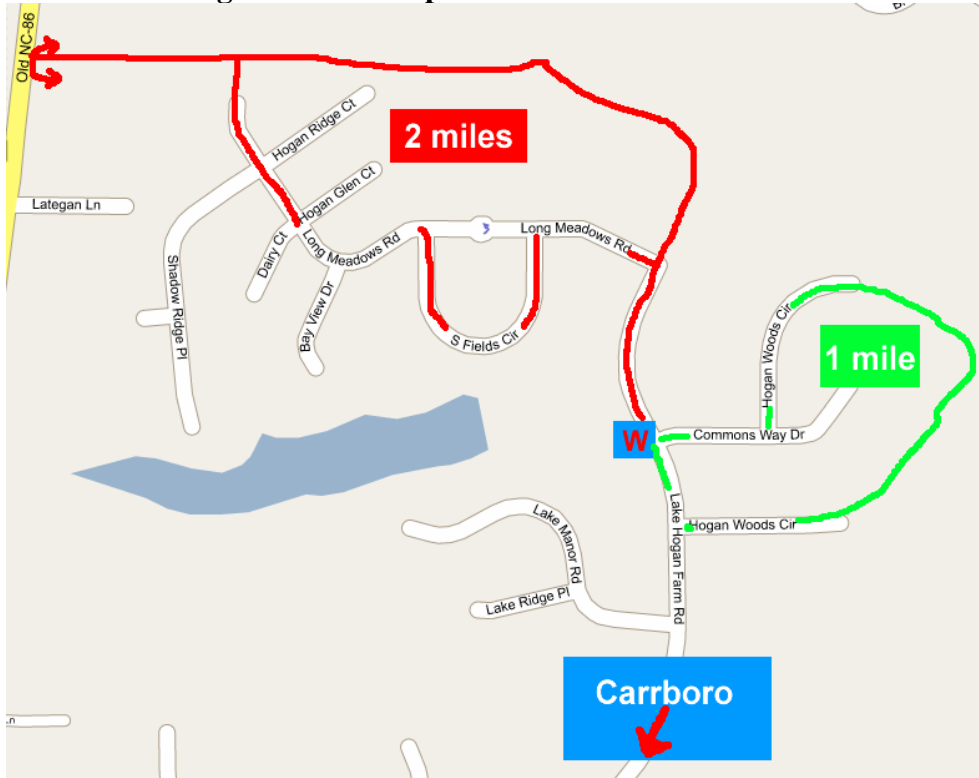


MAP: Lake Hogan Farms Loops



Note: Aid Station located at “W” on map (intersection of Lake Hogan Farm Rd and Commons Way Dr): directions below start at Aid Station

TWO-MILE LOOP:

Turn	Mileage	07:30	08:00	09:00	09:30	10:00	11:00
North on Lake Hogan Farm Rd	0.0	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
LEFT Hogan Hills Rd	0.4	0:03:00	0:03:12	0:03:36	0:03:48	0:04:00	0:04:24
TURNAROUND Old 86	1	0:07:30	0:08:00	0:09:00	0:09:30	0:10:00	0:11:00
RIGHT Long Meadows	1.2	0:09:00	0:09:36	0:10:48	0:11:24	0:12:00	0:13:12
RIGHT South Fields Cir	1.4	0:10:30	0:11:12	0:12:36	0:13:18	0:14:00	0:15:24
RIGHT Long Meadows	1.7	0:12:45	0:13:36	0:15:18	0:16:09	0:17:00	0:18:42
RIGHT Lake Hogan Farr	1.8	0:13:30	0:14:24	0:16:12	0:17:06	0:18:00	0:19:48
Aid Station	2	0:15:00	0:16:00	0:18:00	0:19:00	0:20:00	0:22:00

ONE-MILE LOOP:

Turn	Mileage	07:30	08:00	09:00	09:30	10:00	11:00
EAST on Commons Way Drive	0.0	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
LEFT Hogan Woods Circle	0.1	0:00:45	0:00:48	0:00:54	0:00:57	0:01:00	0:01:06
RIGHT Lake Hogan Farm Rd	0.9	0:06:45	0:07:12	0:08:06	0:08:33	0:09:00	0:09:54
Aid Station	1	0:07:30	0:08:00	0:09:00	0:09:30	0:10:00	0:11:00