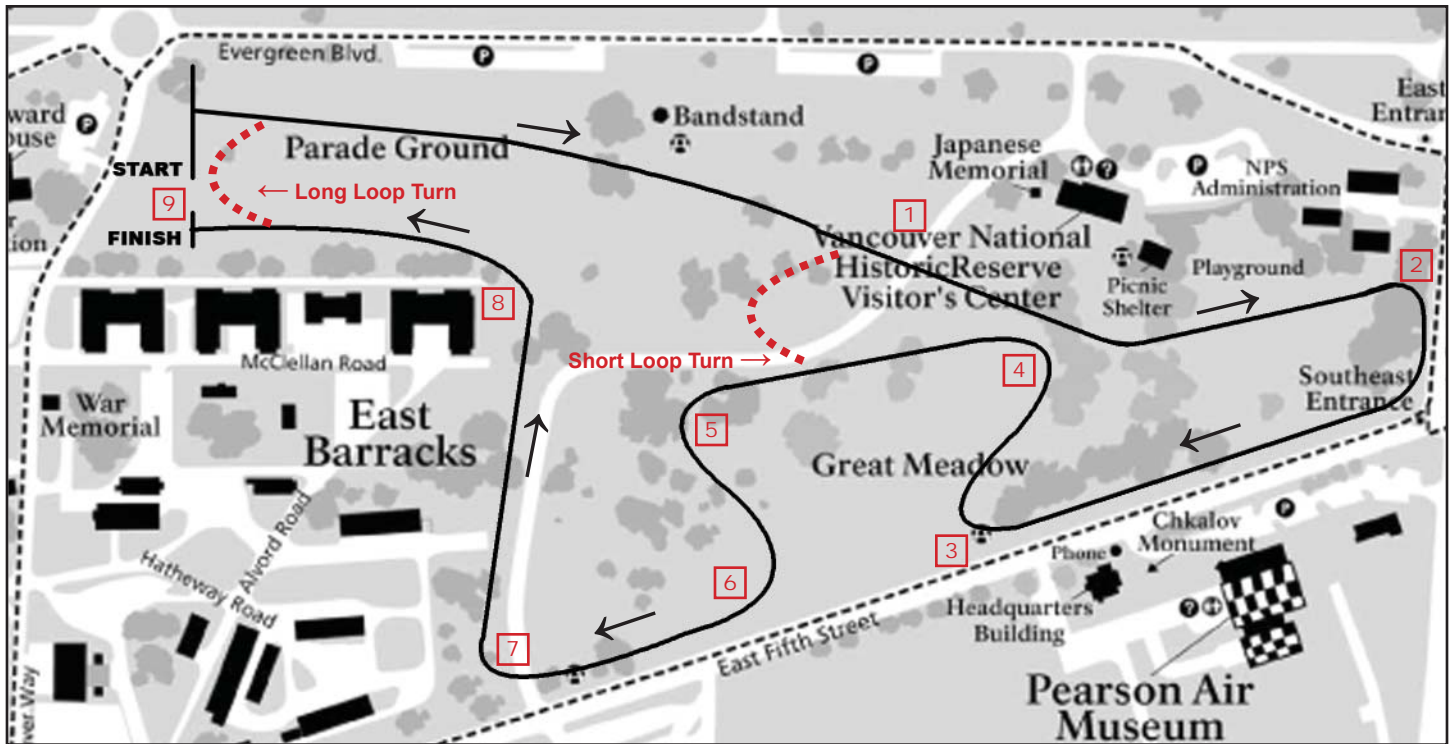
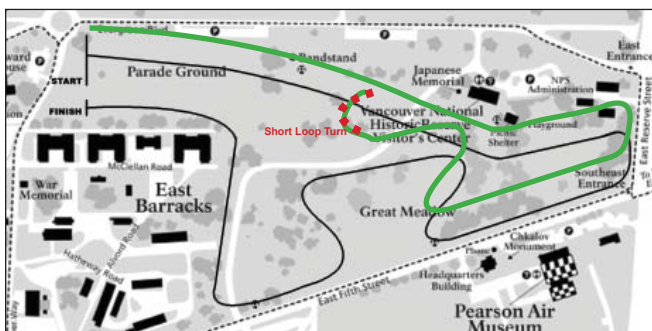


Ft. Vancouver National Historic Site Women's Course - 5,000 Meters



Loop 1

0-1,395 meters



The women's course is comprised of one short loop, followed by an abbreviated long loop and concluded with a complete long loop.

Checkpoints

#	Loop 1	Loop 2	Loop 3
1	395	1395	3395
2	675	1675	3675
3	1015	2015	4015
4	1145	2145	4145
5		2325	4325
6		2450	4450
7		2650	4650
8		2865	4865
9		3000	5000

- check point distances are approximate

Loop 2

1,395-3,000 meters



Loop 3

3,000-5,000 meters

