

# LEGION/TUOLUMNE REGIONAL PARK 2MILE CROSS COUNTRY COURSE

**Directions to Legion-Tuolumne Parks from Hwy. 99:** Exit at central Modesto Exit. Take I Street into central Modesto, turning right onto 14<sup>th</sup>, which becomes Yosemite Blvd. at large intersection. Turn right onto Santa Cruz Ave., and follow around past Legion Hall onto Legion Park Dr., and continue along river until road turns left at Tioga Drive. Park either in field to right or follow Tioga Drive 200m to Tuolumne Reg. Park entrance and park in lots across creek.

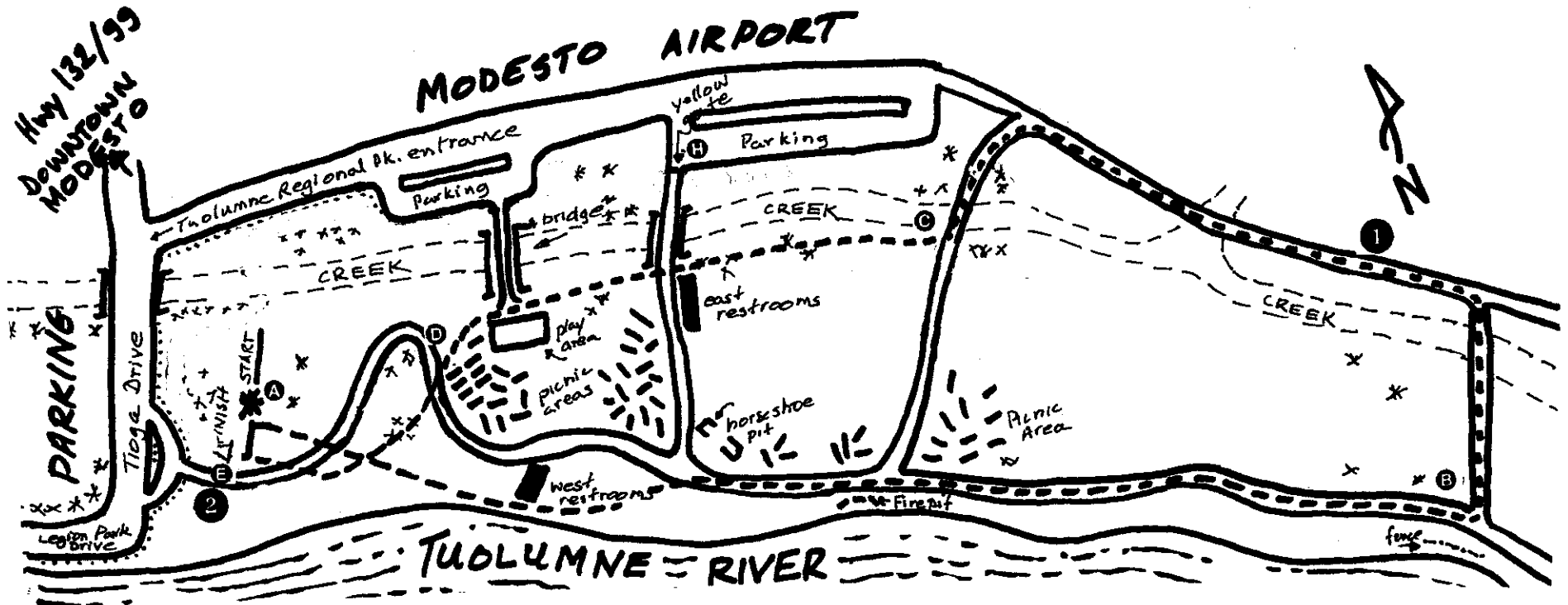
**elevation:** 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

**brief description:** Situated on the banks of the Tuolumne River, this accurate one 2mile-loop course negotiates flat or undulating terrain on the rivers shaded flood pan. Each mile is marked on bike path or permanent feature.

**Course follows this alphabetical legend (map not to scale):**

**A** Start at the old oak tree, and travel directly to the right of the west restrooms and follow bike path **B** left up bike path at fork after fence, **1 mile** after turning back towards start **C** follow bike path down through creek, then veer right onto dirt field towards east restrooms **D** after passing play and picnic area 'dog-leg' left before heading right back towards old oak **E** finish to left 25m beyond old oak

**course records:** Boys: Matt Airola-Bret Harte: 10:11.0 in 2007 Girls: Lauren Peterson-Galt: 12:00.0 in 2006



# LEGION/TUOLUMNE REGIONAL PARK 5 KM. CROSS COUNTRY COURSE

**Directions to Legion-Tuolumne Parks from Hwy. 99:** Exit at central Modesto Exit. Take I Street into central Modesto, turning right onto 14<sup>th</sup>, which becomes Yosemite Blvd. at large intersection. Turn right onto Santa Cruz Ave., and follow around past Legion Hall onto Legion Park Dr., and continue along river until road turns left at Tioga Drive. Park either in field to right or follow Tioga Drive 200m to Tuolumne Reg. Park entrance and park in lots across creek.

**elevation:** 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

**brief description:** Situated on the banks of the Tuolumne River, this accurate 5000m two-loop course negotiates flat or undulating terrain on the rivers shaded flood pan. There is one 12m hill 200m past the 2 mile mark. Each mile is marked on bike path or permanent feature.

**Course follows this alphabetical legend (map not to scale):**

**A** Start at the old oak tree, and travel directly to the right of the west restrooms and follow bike path **B** left up bike path at fork after brown fence, **1 mile** after turning back towards start **C** follow bike path down through creek, then veer right onto dirt field towards east restrooms **D** after passing play and picnic area 'dog-leg' left before heading right back towards old oak **E** pass to the left of the old oak on bike path, **2 mile**, and turn right after finish chute and grove of trees **F** travel through creek bed and up steep hill with trees on your right. Travel along edge of access road on dirt, then down to your right onto walkway bordering parking lot **G** travel onto dirt between hill and creek **H** cross access road up along a small ridge and before crossing bike path turning right down through creek on dirt trail **I** veer right and cross elevated bike path towards east restrooms **C** - **D** retrace first loop path past play area and to finish, **3 mile** mark on 'no swimming' sign **E** finish to left 25m beyond old oak

**course records:** Boys: German Fernandez/Riverbank: 14:47.0 (4:46 per mi) in 2007 Girls: Maritza Garcia/Riverbank: 18:38.0 in 2005

