7 Sisters Course Map

PLEASE NOTE: Miles are estimated, but will be measured and marked for the meet.
6k Course Description

**START**  
Downhill start for about 300m into the Inner Horseshoe

**1st Mile**  
Exiting the Inner Horseshoe, the course climbs gently and heads towards the 3Mile marker. The start joins the outer 2k loop near the 3Mile marker.

Runners continue past the finish and take their 1st pass on Upper loop, passing the start and heading towards the picnic area. The course loops behind the Maintenance building and up to the Monument, located near the 1st Mile marker.

**2nd Mile**  
From the Mile Marker, runners will continue on Lower Loop, before proceeding to the Outer Horseshoe.

Coming off Outer Horseshoe the runners will be greeted with a slight climb and as they head back towards the Upper Loop. The second mile marker will be located near the Picnic Area as the athletes come of Upper loop.

**3rd Mile**  
The course repeats the Lower Loop and undulating terrain from the 2nd mile as the runners eventually return to the Outer Horseshoe.

Again the runners will take the right and continue to Outer Horseshoe and on to the 3rd Mile Marker.

**FINISH**  
After the 3rd mile marker, runners will loop back for a final pass on Upper loop. As they approach the Picnic Area, however, they will be directed straight ahead towards the Inner Horseshoe.

From Inner Horseshoe runners will enter the finishing lane (marked by bright pink flashing on the course) and climb back up towards the start.