

## Garin Park Challenge XC Course

The Garin Park course is only 5K, but it is hilly. You start out in a small grassy field, run to a packed dirt bike path and then follow that path to a cement spillway out of a pond. There is usually no water in the spillway, but there was one year we ran it. You then climb a large hill. After the long climb you roll up and down until you reach a hairpin turn. The mile is about halfway between the top of the hill and the hairpin turn. The turn is to the left and you go right onto a steep uphill. You can not see the top of the hill. Once you go up to where you can see the top of the hill, you discover the hill goes up some more, but less steep. Then it is down a steep hill, back up another steep hill, and down a steep hill to where you crested the first large hill. Instead of going down the hill you bear left and in a short while make a very short but steep climb. The 2 mile point is around that point. It is relatively level, but the dirt is a bit loose as you head to a 2<sup>nd</sup> hairpin turn. After the turn there is a short climb like the last one and then you roll gradually up to the top of the final significant hill. You go down that hill and take a sharp downhill turn to go down the big hill you came up the first mile. You head back the way you came, though instead of finishing on the field you finish on the bike path. Remember that it is about a half mile from the spillway to the finish. Below is a link to a map of the course I found on the Internet. I have also extracted the course description from linked map.

Link: <http://www.mapmyrun.com/run/united-states/ca/hayward/138608295>

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Garin Park XC  
Course.htm

### Run Description

Starts out flat, goes around the pond, then heads up a steep hill, at the top of the hill take the trail to the left, make a 180 turn and run up and down 2 steep hills, as you head back towards the top of the first hill go left and run through rolling hills, make another 180 turn and head back towards the top of the first hill then go left and head down the first hill you came up, back around the pond and to the finish.