

## Course Notes for New Courses 2009

### Willow Hill - 5K

Starts on the grass and runs across that (soft due to over watering) then on to packed dirt and is flat for about 0.5 miles as you wind around a lake. The you go right (remember this spot) on to a narrower trail. Goes down and winds right, then a short steep up, then steep down with a turn to the right and another short steep up. Once again this is followed by a down with a sharp left turn at the bottom where you run gradually down, take a hard right, run level, and then take a longer more gradual up to a hairpin turn. You then go down, run a bit serpentine and then run a long gradual uphill. I believe the 1 mile mark was just before the uphill. At the top of the hill there is a hard left and then it is flat as you head toward a bridge. Once over that bridge you go left. You are now running the opposite direction of the first mile. You then take a hard left an go down a gravel path. At the bottom there is a hairpin turn going up and then there is an uphill back to the path you left when you made the first hard left. You are now running the opposite direction as you started going around the lake. When you get back to the where you started you stay on a trail and pass the finish. At the finish line many of us found it was about half the amount of time we ran though greater than 1/2 the course. You pass the finish and go around the other side of the lake and pass the 2 mile mark. After that you reach the spot I told you to remember. From that spot you repeat the course all the way to the finish line. I believe there is no asphalt or cement on the course. This is the site and I assume the course for the San Joaquin Section XC Championships (at least in 2009). Here is a link to the course map and pictures:

[http://www.everytrail.com/fullscreen.php?trip\\_id=69094](http://www.everytrail.com/fullscreen.php?trip_id=69094)

