

3A West Regional

- Location – Jackson Park
- Date – October 25th
- Admission \$5 a car for spectators
- Men's race – 10:40am
- Women's race – 11:15am

Directions to Jackson Park:

Take exit 49 off 126 and come toward Hendersonville. Go to the first traffic light at the Wendy's. The turn is about ½ mile straight past Wendy's (about 1.5 miles off the exit). Go to the second stop sign (you have to turn here cannot go straight). Turn left and come into the park. We will have people directing traffic. You will be able to bring the bus to the field to unload and then we will park most likely at the top of the hill.

Note: do not use exit 53. The entrance off Spartanburg Highway will be used mostly by the soccer teams.

Course

Due to soccer games the start/finish will move to another field. The field is located across the bridge at the old 2 mile mark. The road is on the right just before you come to the old 2 mile mark when coming in from exit 49. We will have people giving directions. The course will be well marked

The course will start at the field at the end of the gravel road and make 2 loops at the start which is slightly over ½ mile. Then go out down the grass on the left side of the gravel road ¼ mile. At the end of the gravel road the course will cross the gravel road and hit the trail and go across the foot bridge and hit the old course. You will turn right and run the bottom path (we will not be using horseshoe hill). Run the path past the old mile mark and turn right on the "wall" hill trail. From this point you will run the loop of the carnival course. Once you cross the road back at the old 2 mile mark you will run the bottom path again. Right at the old mile mark before the "wall trail" you will turn right, go across the foot bridge and right past the bridge you will turn right on the grass trail. At the end of the grass you will continue right on the path back to the first foot bridge you crossed at the start. Turn left then cross the gravel road turn left and go back to the field to finish.

The only hill on the course is the wall and we are only during the old WNC carnival loop once which means the course is flat and the athletes should be able to run some fast times. I will be setting up the course Friday and going back over it early Saturday morning to get any leaves off the trails.

If you have any questions let me know. I will have a map available by the 10/13.

James Galloway

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