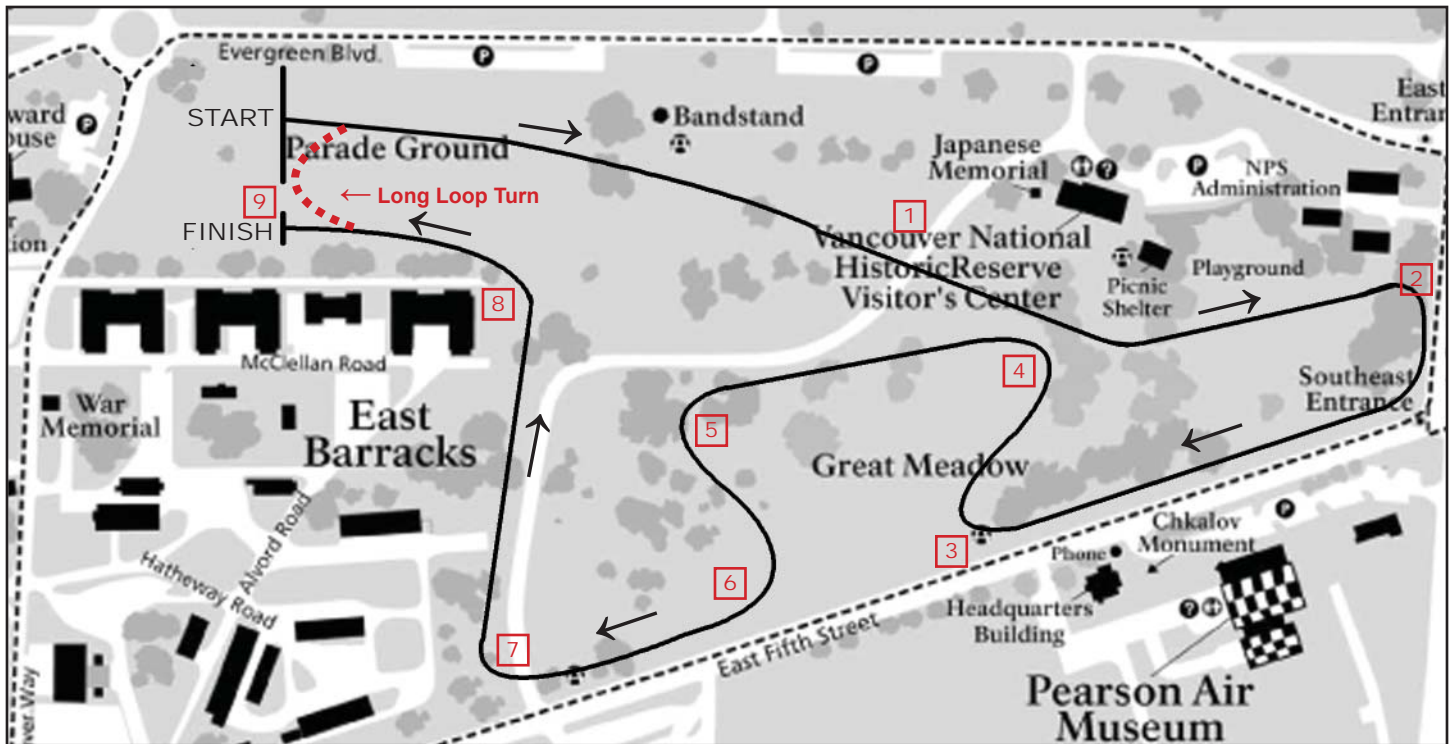


Ft. Vancouver National Historic Site Men's Course - 8,000 Meters



The men's course is four 2,000-meter loops.

Checkpoints

#	Loop 1	Loop 2	Loop 3	Loop 4
1	395	2395	4395	6395
2	675	2675	4675	6675
3	1015	3015	5015	7015
4	1145	3145	5145	7145
5	1325	3325	5325	7325
6	1450	3450	5450	7450
7	1650	3650	5650	7650
8	1865	3865	5865	7865
9	2000	4000	6000	8000

- check point distances are approximate