

John Hunt Park Course Description

10,000 Meters

The starting line is 100m wide. From the start, the course is straight for 650m, with the first 250m being 1% downgrade, flattening out for 100m then up at 1% for 300m to the first turn. The first turn is a gradual sweeping right with a downhill grade of 2%, and then flattening out as you cross the 1K mark. The course is flat for the next 400m and then takes a sweeping right turn around a pond. The next 400+m are flat with slight bends until a left turn which takes you uphill at a 2% grade over a 150m stretch ending just past the 2K mark, then a slight downhill to a sweeping right turn. The next stretch of 400m begins with a 2% uphill grade for 100m. The first loop has an additional section added at the This loop is a left sweeping horseshoe which rejoins the first loop just after crossing the 3K mark. The next 300m are straight and flat leading to a 1% downhill grade for 100m. A sweeping right turn covering 75m leads to a 250m stretch at 6% uphill grade. Upon cresting the hill the grade goes downward at a 2% grade for 250m, then flat for 25m before crossing the 4K mark, where it doglegs left. The course stays straight for 250m, turns a sweeping right with a 1% uphill grade over 150m, before straightening out and declining at 3% over 200m. At the 4600m mark, the course veers left to take runners back through starting grid to begin the second loop of the course.

The second loop mirrors the first loop with a sweeping left hook covering 200 meters just before the 8K mark. At the 9800m mark the course makes a gradual right turn over 100m and then the last 100m are straight to the finish line.