

John Hunt Park Course Description

6,000 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, is straight and flat until a sweeping right turn over 150m takes you back to the starting grid. At the starting line you cross the 3K mark. The next 250m is 1% downgrade, flattening out for 100m, then a 200m stretch of 1% uphill leads to a sweeping right turn over 70m. A slight downhill leads to a sweeping 50m right turn. The course takes a 2% uphill grade for 100m, is straight and flat for 175m, then takes a sweeping left over 100m crossing the 4K mark. The course continues straight for 200m then declines at a 1% 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 3% grade for 200m, where it doglegs left, straightens for 125m, and crosses the 5K mark. 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 5800m mark, the course makes a gradual right turn over 100m and then the last 100m are straight to the finish line.