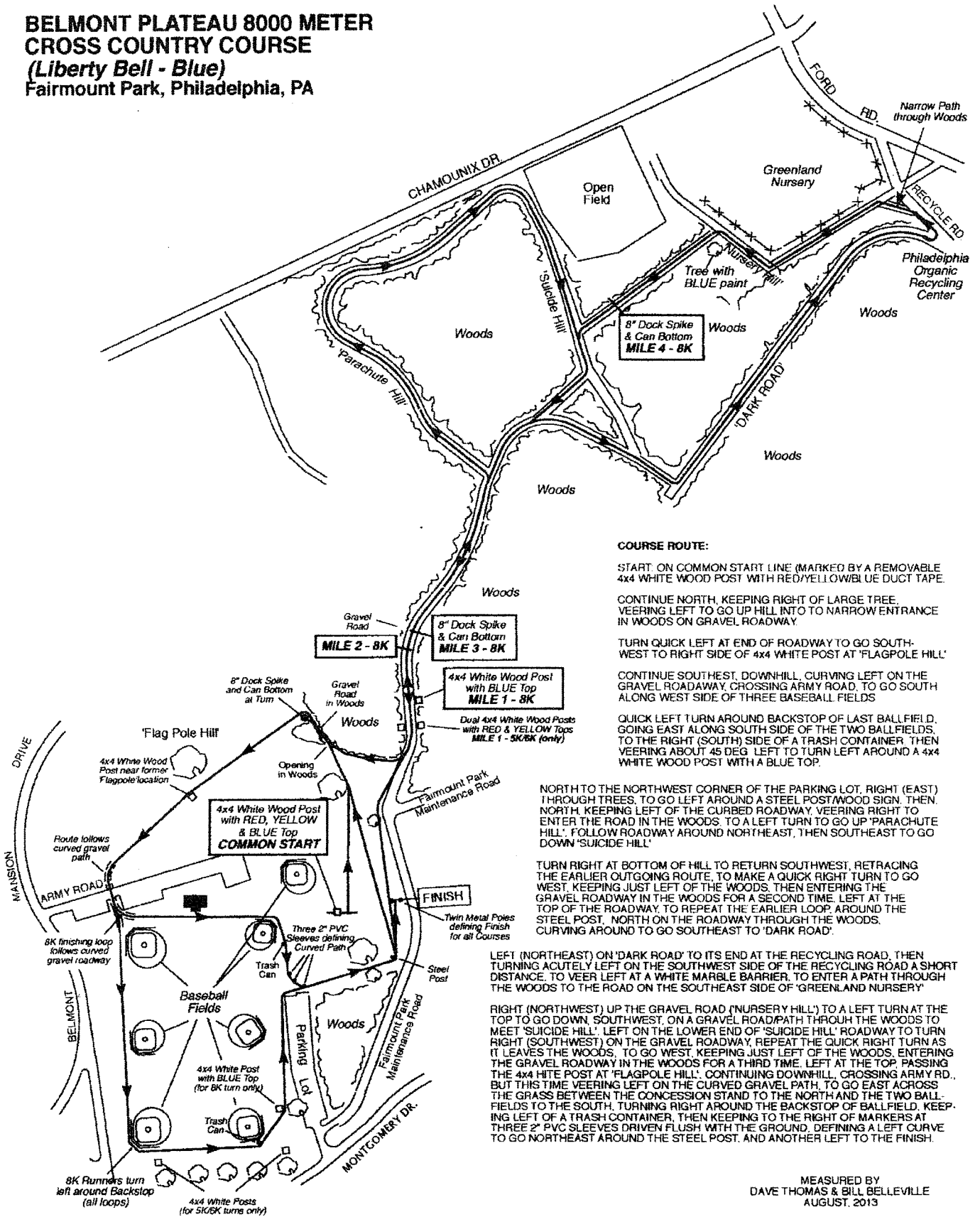


**BELMONT PLATEAU 8000 METER  
CROSS COUNTRY COURSE  
(Liberty Bell - Blue)**  
Fairmount Park, Philadelphia, PA



**COURSE ROUTE:**

START ON COMMON START LINE (MARKED BY A REMOVABLE 4x4 WHITE WOOD POST WITH RED/YELLOW/BLUE DUCT TAPE.)

CONTINUE NORTH, KEEPING RIGHT OF LARGE TREE, VEERING LEFT TO GO UP HILL INTO TO NARROW ENTRANCE IN WOODS ON GRAVEL ROADWAY.

TURN QUICK LEFT AT END OF ROADWAY TO GO SOUTH-WEST TO RIGHT SIDE OF 4x4 WHITE POST AT 'FLAGPOLE HILL'.

CONTINUE SOUTHWEST, DOWNHILL, CURVING LEFT ON THE GRAVEL ROADWAY, CROSSING ARMY ROAD, TO GO SOUTH ALONG WEST SIDE OF THREE BASEBALL FIELDS.

QUICK LEFT TURN AROUND BACKSTOP OF LAST BALLFIELD, GOING EAST ALONG SOUTH SIDE OF THE TWO BALLFIELDS, TO THE RIGHT (SOUTH) SIDE OF A TRASH CONTAINER, THEN VEERING ABOUT 45 DEG LEFT TO TURN LEFT AROUND A 4x4 WHITE WOOD POST WITH A BLUE TOP.

NORTH TO THE NORTHWEST CORNER OF THE PARKING LOT, RIGHT (EAST) THROUGH TREES, TO GO LEFT AROUND A STEEL POST/WOOD SIGN, THEN NORTH, KEEPING LEFT OF THE CURBED ROADWAY, VEERING RIGHT TO ENTER THE ROAD IN THE WOODS. TO A LEFT TURN TO GO UP 'PARACHUTE HILL'. FOLLOW ROADWAY AROUND NORTHEAST, THEN SOUTHEAST TO GO DOWN 'SUICIDE HILL'.

TURN RIGHT AT BOTTOM OF HILL TO RETURN SOUTHWEST, RETRACING THE EARLIER OUTGOING ROUTE, TO MAKE A QUICK RIGHT TURN TO GO WEST, KEEPING JUST LEFT OF THE WOODS, THEN ENTERING THE GRAVEL ROADWAY IN THE WOODS FOR A SECOND TIME. LEFT AT THE TOP OF THE ROADWAY, TO REPEAT THE EARLIER LOOP, AROUND THE STEEL POST, NORTH ON THE ROADWAY THROUGH THE WOODS, CURVING AROUND TO GO SOUTHEAST TO 'DARK ROAD'.

LEFT (NORTHEAST) ON 'DARK ROAD' TO ITS END AT THE RECYCLING ROAD, THEN TURNING ACUTELY LEFT ON THE SOUTHWEST SIDE OF THE RECYCLING ROAD A SHORT DISTANCE, TO VEER LEFT AT A WHITE MARBLE BARRIER, TO ENTER A PATH THROUGH THE WOODS TO THE ROAD ON THE SOUTHEAST SIDE OF 'GREENLAND NURSERY'.

RIGHT (NORTHWEST) UP THE GRAVEL ROAD ('NURSERY HILL') TO A LEFT TURN AT THE TOP TO GO DOWN, SOUTHWEST, ON A GRAVEL ROAD/PATH THROUGH THE WOODS TO MEET 'SUICIDE HILL'. LEFT ON THE LOWER END OF 'SUICIDE HILL' ROADWAY TO TURN RIGHT (SOUTHWEST) ON THE GRAVEL ROADWAY, REPEAT THE QUICK RIGHT TURN AS IT LEAVES THE WOODS, TO GO WEST, KEEPING JUST LEFT OF THE WOODS, ENTERING THE GRAVEL ROADWAY IN THE WOODS FOR A THIRD TIME. LEFT AT THE TOP, PASSING THE 4x4 HITE POST AT 'FLAGPOLE HILL'. CONTINUING DOWNHILL, CROSSING ARMY RD., BUT THIS TIME VEERING LEFT ON THE CURVED GRAVEL PATH, TO GO EAST ACROSS THE GRASS BETWEEN THE CONCESSION STAND TO THE NORTH AND THE TWO BALL-FIELDS TO THE SOUTH, TURNING RIGHT AROUND THE BACKSTOP OF BALLFIELD, KEEP- ING LEFT OF A TRASH CONTAINER, THEN KEEPING TO THE RIGHT OF MARKERS AT THREE 2\"/>

MEASURED BY  
DAVE THOMAS & BILL BELLEVILLE  
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