

2013 Mount Vernon XC

INFORMATION

- ***No vehicles* in the park! (Safety Concerns)**
- **Concessions available**
- **T-shirt sales**
- **Restrooms & Porta-pots on site**
- **Awards for teams and individuals**
- **“On The Mark Timing”**
- **“Tent Village” set up next to gazebo**
- **Awesome non-repeating course around 3-lakes**
- **The course is slightly modified due to the park expansion & renovation. ¼ mile will be run on gravel drive, the remainder of the course is typical path. (Conditions may not be suitable for spikes)**
- **Water bottles will be distributed to all runners at the finish.**
- **PLEASE arrive early and be prepared to walk into the park from the entrance.**