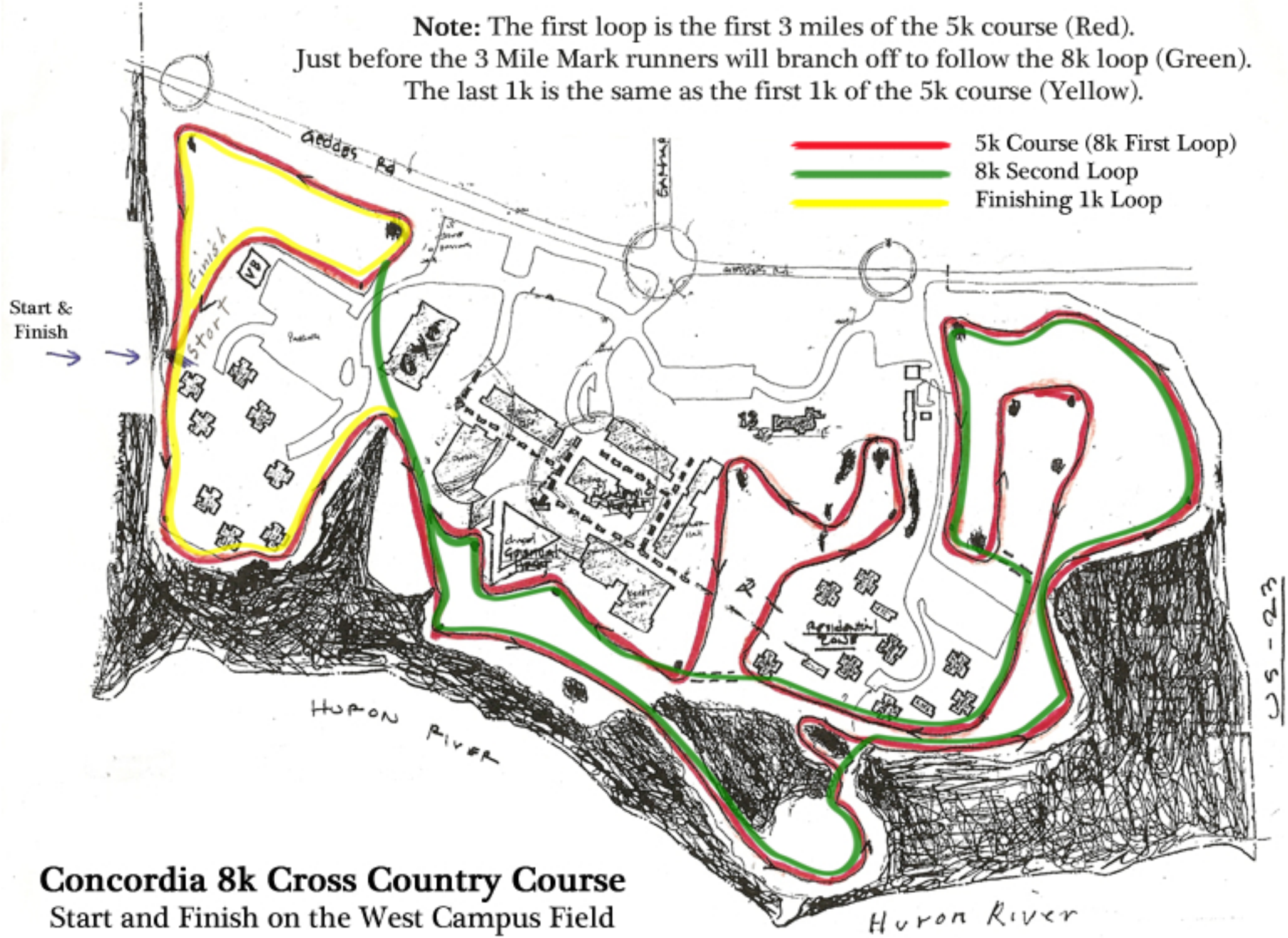
Note: The first loop is the first 3 miles of the 5k course (Red).
Just before the 3 Mile Mark runners will branch off to follow the 8k loop (Green).
The last 1k is the same as the first 1k of the 5k course (Yellow).



Concordia 8k Cross Country Course

Start and Finish on the West Campus Field