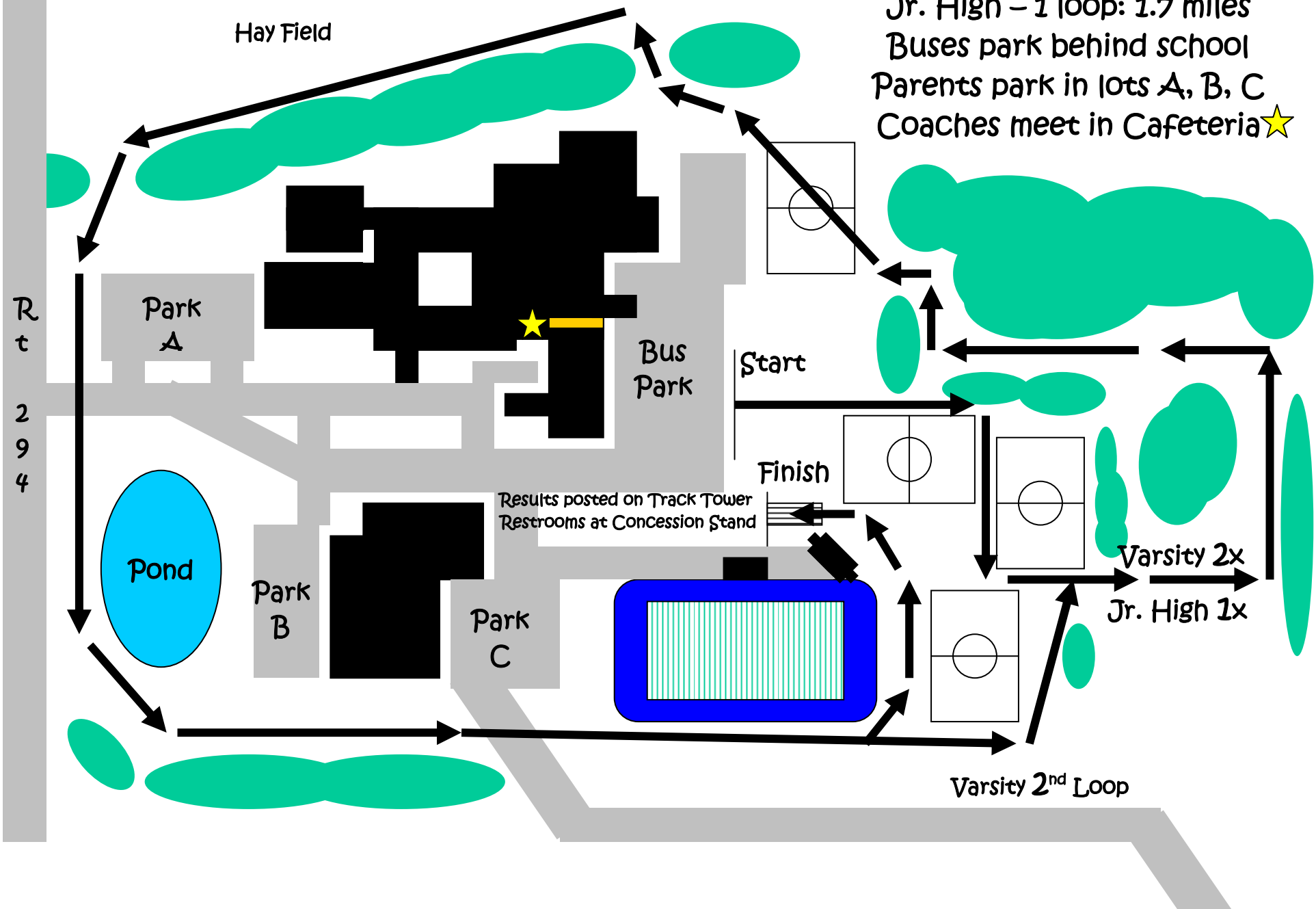
Adirondack Cross Country Course

Varsity – 2 loops: 3.1 miles
Jr. High – 1 loop: 1.7 miles
Buses park behind school
Parents park in lots A, B, C
Coaches meet in Cafeteria