






FRED LEBOW
 CHAMPIONSHIPS
CROSS COUNTRY
 NEW YORK ROAD RUNNERS







NOVEMBER 19, 2017
 3.1 MILES • VAN CORTLANDT PARK



KEY

-  Start
-  Finish
-  Course route
-  Toilets

RACE-DAY CENTRAL

-  Number pickup
-  Medical aid
-  Bag check
-  Water station
-  Volunteer check-in
-  Bicycle parking

ELEVATION CHART (NOT TO SCALE)

