

# OCEAN STATE INVITATIONAL 5K COURSE MAP

Mile 1 - Start to woods trail (1,155m): grass, flat, includes lap of field - spectator friendly;  
Woods trail: flat to mile mark - last 200 meters visible to spectators

Mile 2 - Woods trail: includes 4 rolling hills of 40-60 meters, first 1/2 mile overlooks  
Greenwich Cove, extends to point (900m) farthest from starting line

Mile 3 - Wood trail & pond loop: passes back through mile mark to start of  
woods trail, down to pond, and up a significant hill (75m) to 600m  
flat finish - spectator friendly

