

## COURSE

This is an 8K cross country run with the least amount of pavement as possible. The first part of the race starts on the road but once you take the first turn onto the trail the course brings its own challenges for the day. There will be survey flags, caution tape, signs, and volunteers to guide you along the course. Parts of the course have a lot of loose sand; in other areas it is packed. Also throughout the course there are logs to hurdle, bridges, roots, rocks etc. You have to contend with bushes, sand spurs, and other scratchy vegetation along the way, so dress appropriately. All terrain shoes or spikes are recommended. This is a true cross country course, so be prepared for a challenging run.



SHOWERS	PLAYGROUND	CAMPING
RESTROOMS	AMPHITHEATER	PAVILION
BOAT RAMP	PARKING	SWIMMING
PICNICKING	WILDLIFE VIEWING	HIKING
BOATING	FISHING	CANOEING

**PENSACOLA RUNNERS ASSOCIATION**

**BAY TO BREAKFAST 8K CROSS COUNTRY CHALLENGE**

**Big Lagoon State Park**

**February 22, 2014**

**7:30 A.M. SHARP**

**A PRA GRAND PRIX EVENT**



