



WAUCONDA ATHLETICS

Mark Ribbens
Athletic Director

Sara Flanigan
Activity Director/Asst. Athletic Director

Angie Garrod
Administrative Assistant

Course at Matthews

3 mile course: 3 full clockwise laps. Once started runners will turn right into the woods. After the 3rd lap, by the south wall of the school, the runners will turn right towards the finish line. On laps 1 and 2, runners will run through the woods. There will be times where the athletes have to cross asphalt but it is minimal. The start line is the green dot, finish is red.

