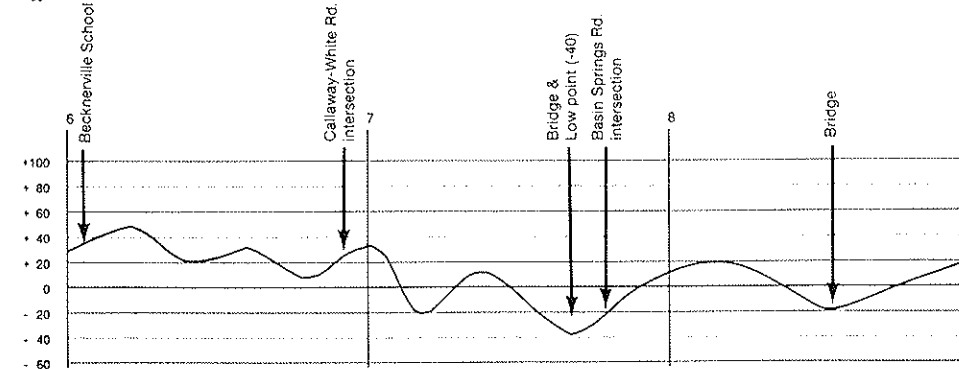
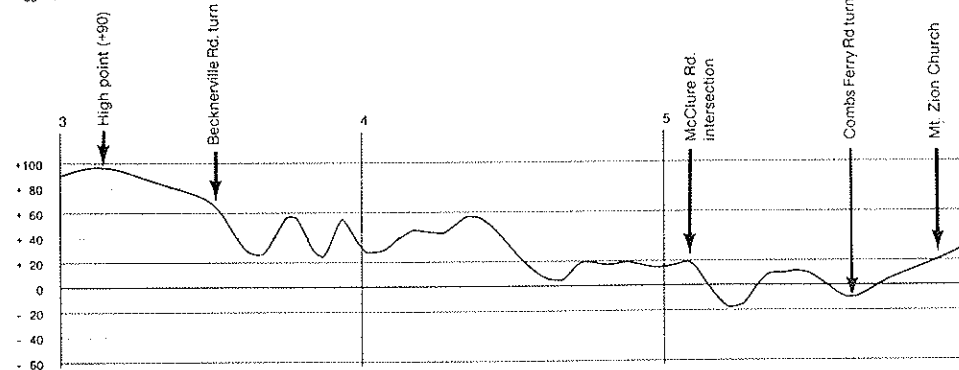
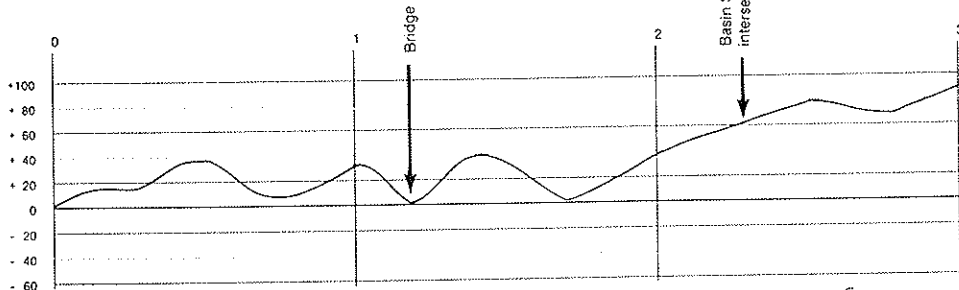
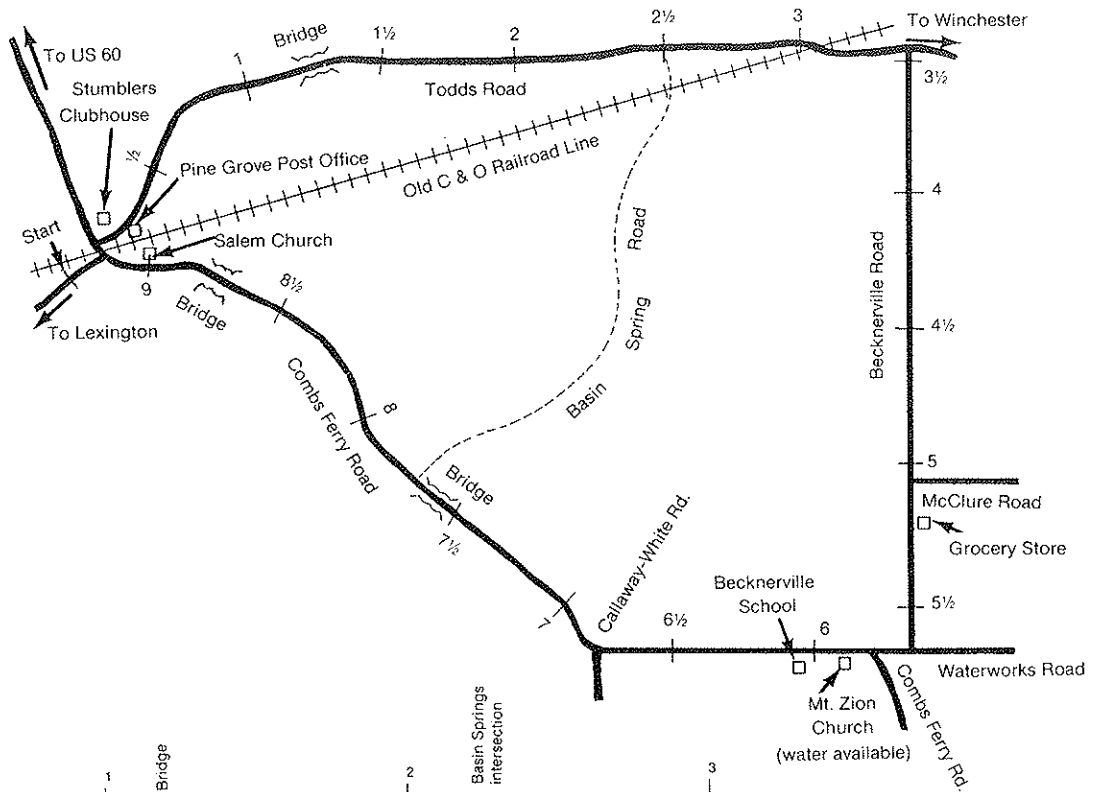


THE NINE MILE COURSE

by Kenneth J. Pike



Several months ago we presented you with an elevation profile of the six mile course. Now that you have recovered from the shock of seeing the hills that you run, we are going to show you the nine mile course.

I can still recall the first time I ran the nine; I had nightmares about the Becknerville Road part for the next three months! This is the course that Ron Sanders says is basically flat because you start and finish at about the same elevation.

When you start training on this course it is a sure sign that you are trying to move up from the level of recreational jogger to that of the committed runner or future marathoner.

I hope you will find the map and elevation profile interesting, informative and not too discouraging. ■