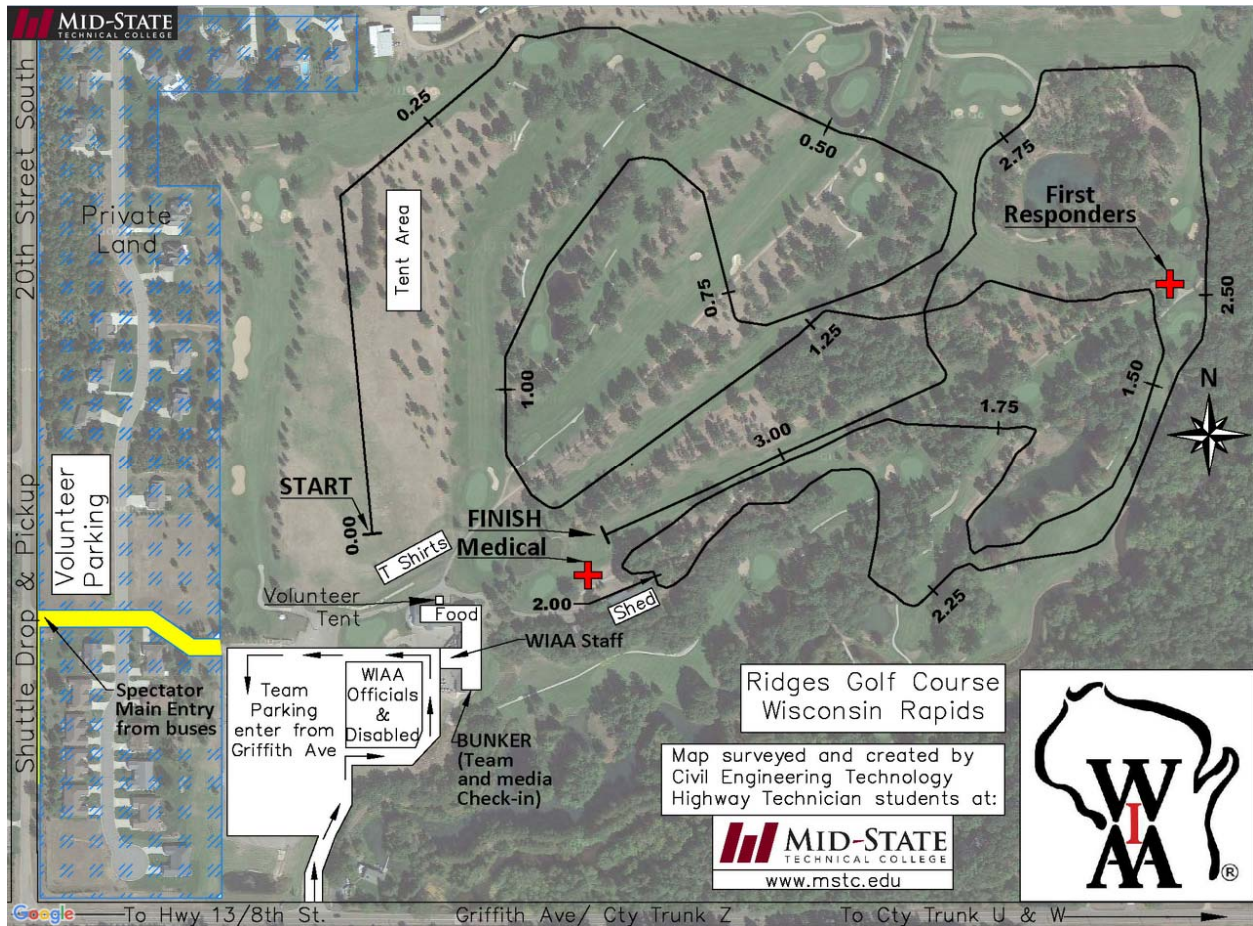


5000m Cross Country Course Map



You can use your phone to see your LIVE location on the course by using this QR code, or go directly to the URL:

<http://www.mstc.edu/ridges/>



When prompted, you must share your location to show your position on the map