



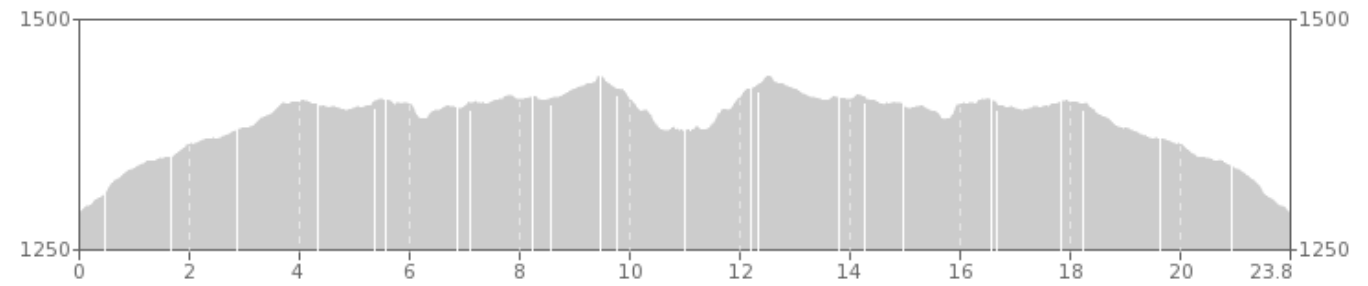
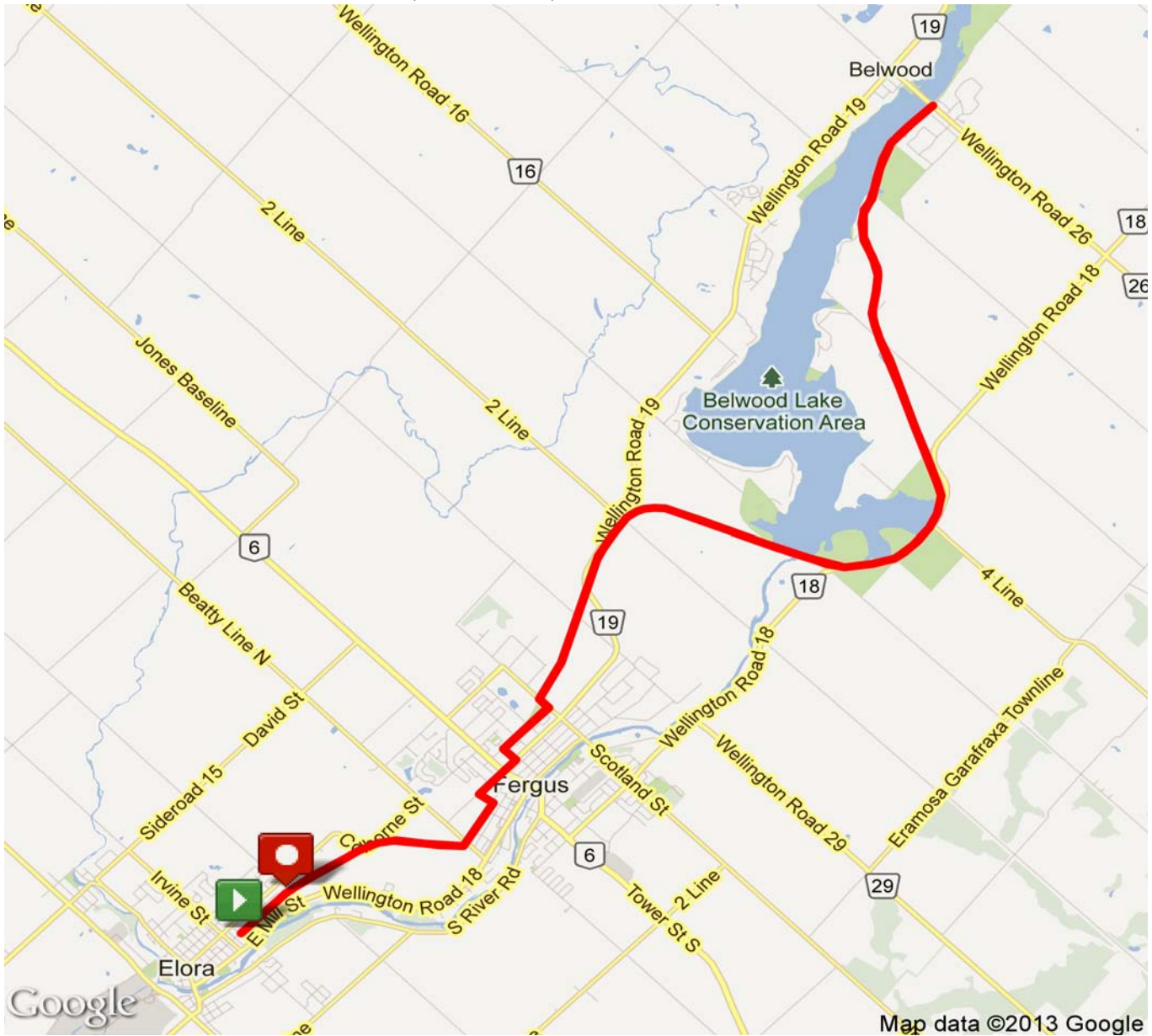
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FCR 2013 20KM TRAIL ROUTE


























01/27/2013


























Distance: 38.07 km


























Elevation: 103.0 m (Max: 445.0 m)






















	Direct/offroad route segment	0.78 km (+0.14 km)
	Direct/offroad route segment	0.92 km (+0.25 km)
	Direct/offroad route segment	1.17 km (+0.54 km)
	Direct/offroad route segment	1.71 km (+0.15 km)
	Direct/offroad route segment	1.86 km (+0.27 km)
	Direct/offroad route segment	2.13 km (+0.22 km)
	Direct/offroad route segment	2.35 km (+0.54 km)
	Direct/offroad route segment	2.89 km (+0.3 km)
	Direct/offroad route segment	3.19 km (+0.7 km)
	Direct/offroad route segment	3.9 km (+0.21 km)
	Direct/offroad route segment	4.11 km (+0.66 km)
	Direct/offroad route segment	4.77 km (+0.22 km)
	Direct/offroad route segment	4.98 km (+0.8 km)
	Direct/offroad route segment	5.78 km (+0.16 km)
	Direct/offroad route segment	5.94 km (+0.57 km)
	Direct/offroad route segment	6.51 km (+1.01 km)
	Direct/offroad route segment	7.52 km (+0.53 km)
	Direct/offroad route segment	8.05 km (+0.29 km)
	Direct/offroad route segment	8.34 km (+0.35 km)
	Direct/offroad route segment	8.68 km (+0.14 km)
	Direct/offroad route segment	8.83 km (+0.1 km)
	Direct/offroad route segment	8.93 km (+0.13 km)
	Direct/offroad route segment	9.06 km (+0.14 km)
	Direct/offroad route segment	9.2 km (+0.13 km)
	Direct/offroad route segment	9.33 km (+0.16 km)

 Direct/offroad route segment	9.49 km (+0.17 km)
 Direct/offroad route segment	9.66 km (+0.96 km)
 Direct/offroad route segment	10.62 km (+0.38 km)
 Direct/offroad route segment	11 km (+0.18 km)
 Direct/offroad route segment	11.18 km (+0.16 km)
 Direct/offroad route segment	11.34 km (+0.23 km)
 Direct/offroad route segment	11.56 km (+0.35 km)
 Direct/offroad route segment	11.91 km (+0.28 km)
 Direct/offroad route segment	12.19 km (+0.15 km)
 Direct/offroad route segment	12.34 km (+0.22 km)
 Direct/offroad route segment	12.56 km (+0.23 km)
 Direct/offroad route segment	12.8 km (+0.22 km)
 Direct/offroad route segment	13.02 km (+0.25 km)
 Direct/offroad route segment	13.27 km (+0.18 km)
 Direct/offroad route segment	13.46 km (+0.18 km)
 Direct/offroad route segment	13.64 km (+0.17 km)
 Direct/offroad route segment	13.81 km (+0.47 km)
 Direct/offroad route segment	14.28 km (+0.6 km)
 Direct/offroad route segment	14.87 km (+0.62 km)
 Direct/offroad route segment	15.5 km (+0.27 km)
 Direct/offroad route segment	15.76 km (+0.17 km)
 Direct/offroad route segment	15.93 km (+0.3 km)
 Direct/offroad route segment	16.23 km (+0.23 km)
 Direct/offroad route segment	16.45 km (+0.25 km)
 Direct/offroad route segment	16.71 km (+0.26 km)

 Direct/offroad route segment	16.97 km (+0.24 km)
 Direct/offroad route segment	17.21 km (+0.19 km)
 Direct/offroad route segment	17.4 km (+0.18 km)
 Direct/offroad route segment	17.57 km (+0.29 km)
 Direct/offroad route segment	17.87 km (+0.27 km)
 Direct/offroad route segment	18.14 km (+0.24 km)
 Direct/offroad route segment	18.38 km (+0.29 km)
 Direct/offroad route segment	18.67 km (+0.44 km)
 Direct/offroad route segment	19.11 km (+0.34 km)
 Direct/offroad route segment	19.45 km (+0.4 km)
 Direct/offroad route segment	19.85 km (+0.35 km)
 Direct/offroad route segment	20.2 km (+0.33 km)
 Direct/offroad route segment	20.53 km (+0.17 km)
 Direct/offroad route segment	20.7 km (+0.18 km)
 Direct/offroad route segment	20.88 km (+0.32 km)
 Direct/offroad route segment	21.2 km (+0.23 km)
 Direct/offroad route segment	21.43 km (+0.21 km)
 Direct/offroad route segment	21.64 km (+0.04 km)
 Direct/offroad route segment	21.67 km (+0.09 km)
 Direct/offroad route segment	21.76 km (+0.23 km)
 Direct/offroad route segment	21.99 km (+0.24 km)
 Direct/offroad route segment	22.23 km (+0.11 km)
 Direct/offroad route segment	22.34 km (+0.12 km)
 Direct/offroad route segment	22.45 km (+0.21 km)
 Direct/offroad route segment	22.67 km (+0.3 km)

 Direct/offroad route segment	22.97 km (+0.97 km)
 Direct/offroad route segment	23.94 km (+0.82 km)
 Direct/offroad route segment	24.76 km (+0.18 km)
 Direct/offroad route segment	24.94 km (+0.25 km)
 Direct/offroad route segment	25.19 km (+0.22 km)
 Direct/offroad route segment	25.42 km (+0.31 km)
 Direct/offroad route segment	25.72 km (+0.22 km)
 Direct/offroad route segment	25.95 km (+0.07 km)
 Direct/offroad route segment	26.02 km (+0.28 km)
 Direct/offroad route segment	26.3 km (+0.35 km)
 Direct/offroad route segment	26.65 km (+0.45 km)
 Direct/offroad route segment	27.11 km (+0.63 km)
 Direct/offroad route segment	27.74 km (+1.06 km)
 Direct/offroad route segment	28.8 km (+0.17 km)
 Direct/offroad route segment	28.97 km (+0.04 km)
 Direct/offroad route segment	29.01 km (+0.14 km)
 Direct/offroad route segment	29.15 km (+0.13 km)
 Direct/offroad route segment	29.28 km (+0.1 km)
 Direct/offroad route segment	29.39 km (+0.14 km)
 Direct/offroad route segment	29.53 km (+0.3 km)
 Direct/offroad route segment	29.83 km (+0.22 km)
 Direct/offroad route segment	30.05 km (+0.16 km)
 Direct/offroad route segment	30.21 km (+0.74 km)
 Direct/offroad route segment	30.96 km (+0.74 km)
 Direct/offroad route segment	31.7 km (+0.57 km)

 Direct/offroad route segment	32.27 km (+0.17 km)
 Direct/offroad route segment	32.44 km (+0.56 km)
 Direct/offroad route segment	33 km (+0.24 km)
 Direct/offroad route segment	33.24 km (+0.22 km)
 Direct/offroad route segment	33.46 km (+0.66 km)
 Direct/offroad route segment	34.12 km (+0.21 km)
 Direct/offroad route segment	34.33 km (+0.7 km)
 Direct/offroad route segment	35.03 km (+0.47 km)
 Direct/offroad route segment	35.51 km (+0.4 km)
 Direct/offroad route segment	35.9 km (+0.19 km)
 Direct/offroad route segment	36.09 km (+0.27 km)
 Direct/offroad route segment	36.36 km (+0.15 km)
 Direct/offroad route segment	36.51 km (+0.54 km)
 Direct/offroad route segment	37.06 km (+0.25 km)
 Direct/offroad route segment	37.3 km (+0.14 km)
 Direct/offroad route segment	37.44 km (+0.2 km)
 Direct/offroad route segment	37.64 km (+0.58 km)
 Direct/offroad route segment	38.22 km (+-0.15 km)
 Destination	38.07 km (+0 km)

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