

OCEAN STATE INVITATIONAL 4K COURSE MAP

- Mile 1 - Start to woods trail (537m); grass, flat
Woods trail: first 500m flat w/ 200 meters visible to spectators, following 500m includes 2-3 rolling hills to mile mark
- Mile 2 - Woods trail: includes 2-3 rolling hills and overlooks Greenwich Cove, extends to point (900m) farthest from starting line, returns past spectator viewing
- Finish - Exits woods to grass field to finish

