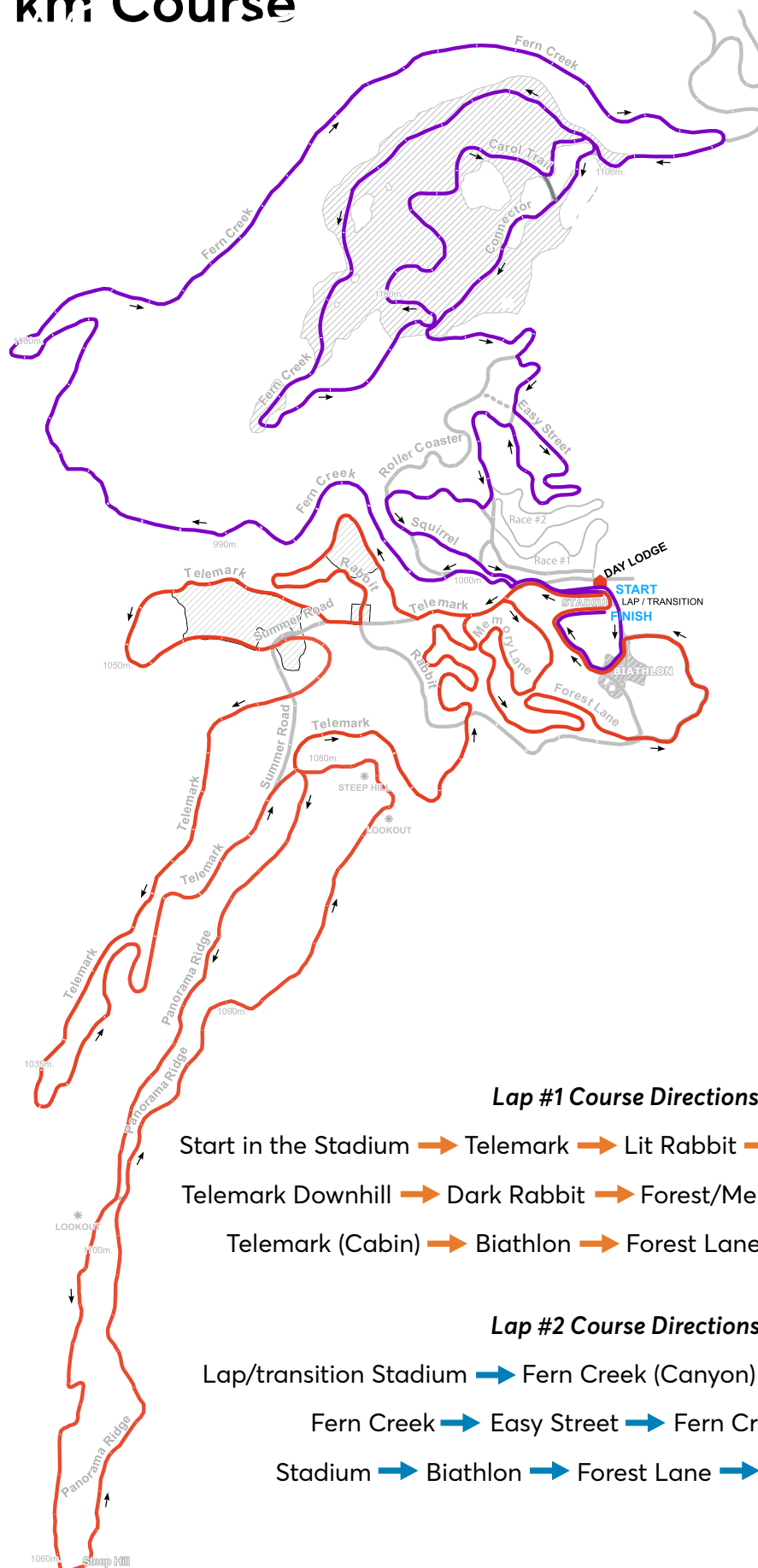


Friends & Family Loppet

30 km Course



Lap #1 Course Directions

Start in the Stadium → Telemark → Lit Rabbit → Telemark → Panorama
 Telemark Downhill → Dark Rabbit → Forest/Memory Lane → Forest Lane
 Telemark (Cabin) → Biathlon → Forest Lane → Return to Stadium

Lap #2 Course Directions

Lap/transition Stadium → Fern Creek (Canyon) → Carol → Connector
 Fern Creek → Easy Street → Fern Creek → Squirrel
 Stadium → Biathlon → Forest Lane → Return to Stadium