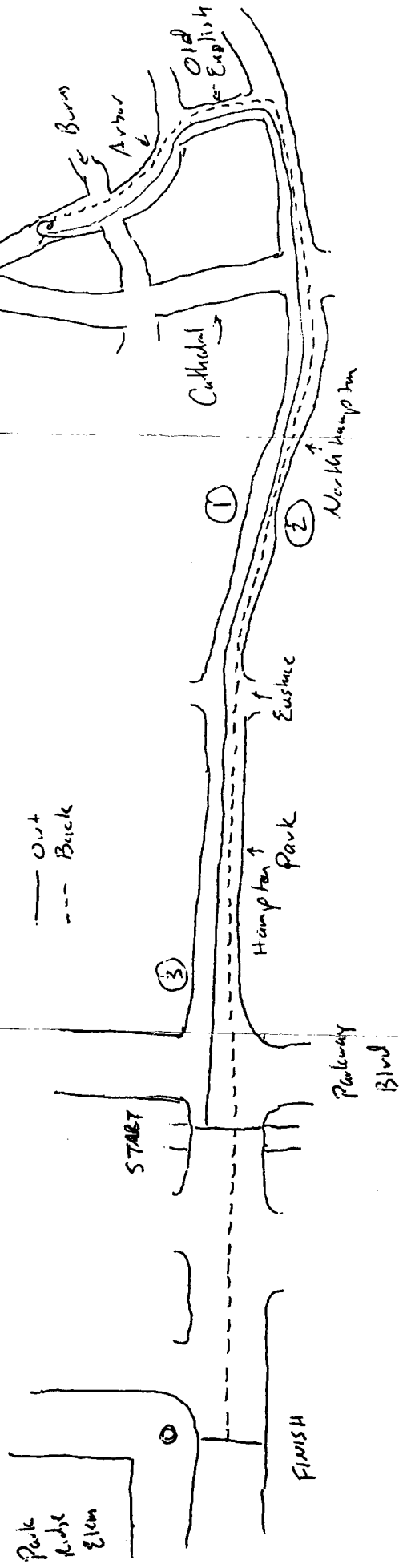


USATF-CERTIFIED
 COURSE
 VA-03039-RT
 STAFFORD, VA

Park Ridge III 5 km
 Measured by Vic Culp
 on Apr 27, 2003



Start - Edge of Sidewalk
 Closest to Parkway Blvd
 At End of Driveway
 Turn Around - South Edge of
 Driveway 6 Arbor Ln
 Finish - Center of Sewer Cap
 a South East Corner
 of Building in Driveway

1 - 16' 2" East of Phone Box
 SHA 163 30495 which
 is just west of 39 Northampton Blvd
 2 - 71' 10" west of Drain Cap that is
 just west of 44 Northampton Blvd
 3 - East Edge of Driveway for 25
 Candle ridge Ct