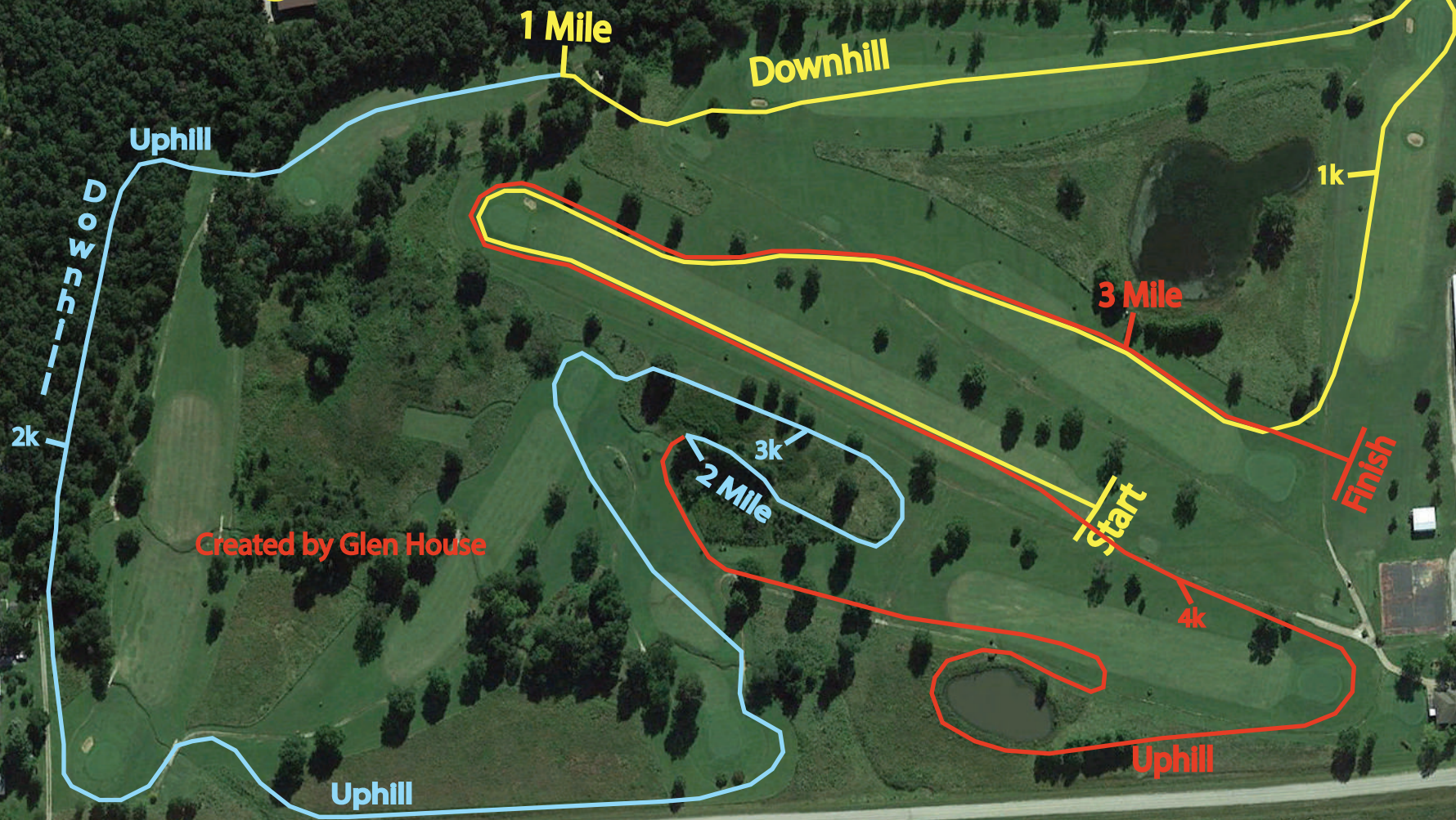


Lamar Country Club-Lamar, MO-5k CC Course

Undulating with a few hills



1st Mile=Yellow
2nd Mile=Blue
3rd Mile=Red