

Freeman XC Training Runs		
Head Coach: Robyn D.		Assistant Coach: Chad M.
Route Name	Mileage	Description
Darknell	3.8 miles	Jackson - Elder - Darknell - Stoughton
Hagen	5.5 miles	Jackson - Drumheller - Darknell - Stoughton
Trail Loop	2.5 miles	Jackson - Elder - Trail - Jackson
Raider Run	3.3 miles	Jackson - Elder - "27"
Christianson	3.5 miles	Jackson - Elder - Cross HWY-Stoughton
Canyon	5.175 miles	Jackson - Valley Chapel
Thunder Mountain	2.4 miles	"27" to Washington (fork) - Back
Washington	4.7 miles	27" - Washington Road - End - Back
Darknell Loop	5.4 miles	Jackson - Elder - Darknell - Palouse - "27"
Waterhouse	4.2 miles	Stoughton - Darknell - Palouse - "27"
Drumheller Loop	5.2 miles	Jackson - Drumheller - Darknell - Elder - Jackson
Christianson LOOP	6.4 miles	Christianson- Elder - Darknell
	3.8 miles	Drumheller
Red Barn	4.2 miles	Hwy 27 to Palouse, left at Red Barn, left on Stoughton
	6.7 miles	Cameron Road?