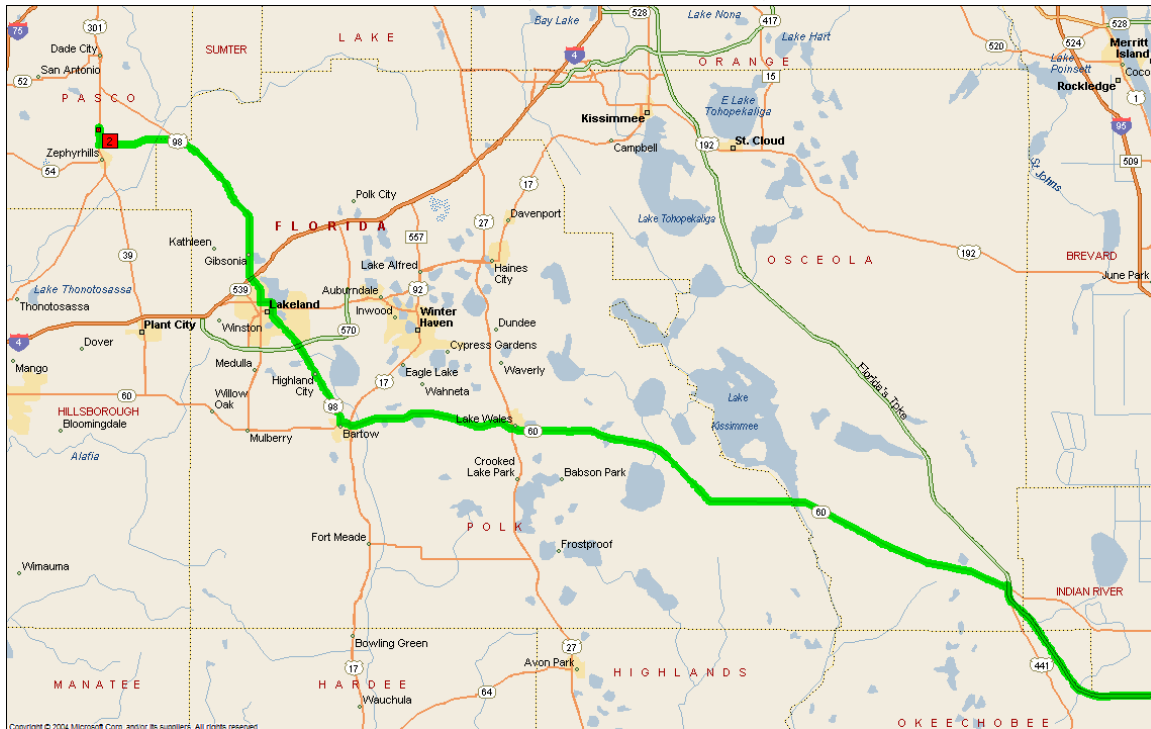


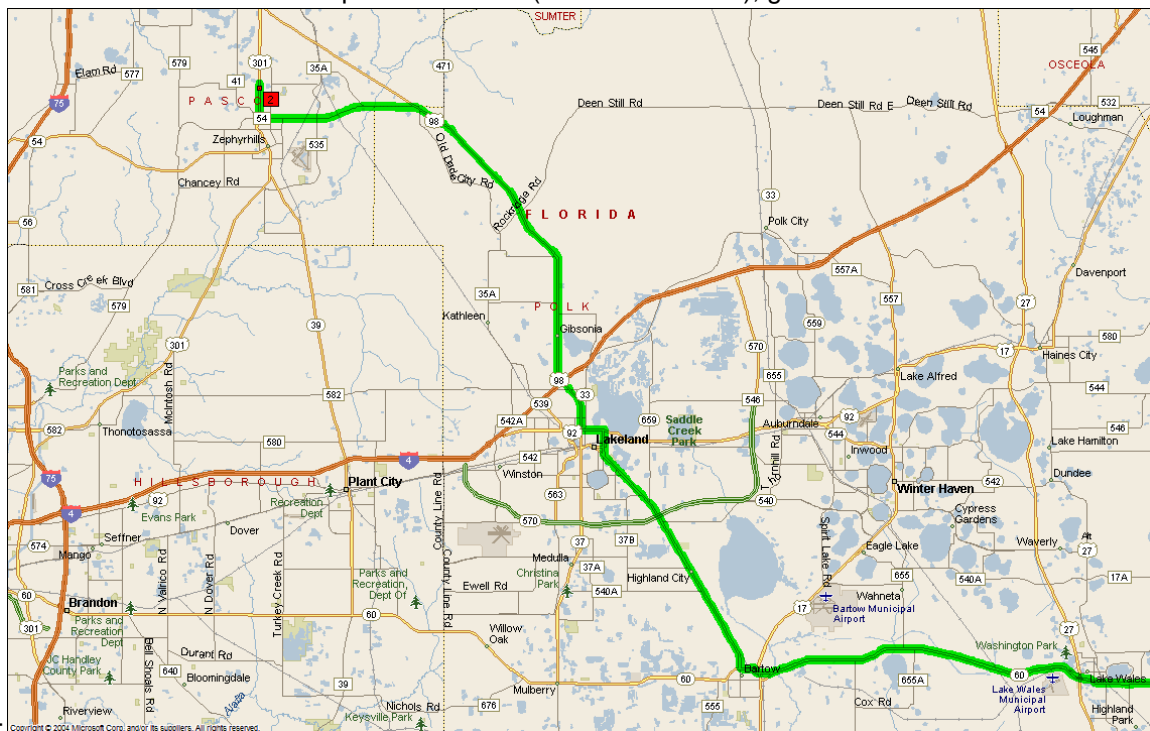
Map and Directions to Pre-State Invitational

Key West to Microtel: 7839 Gall Blvd., Zephyrhills FL 33541
426 miles (about 8-8½ hours)



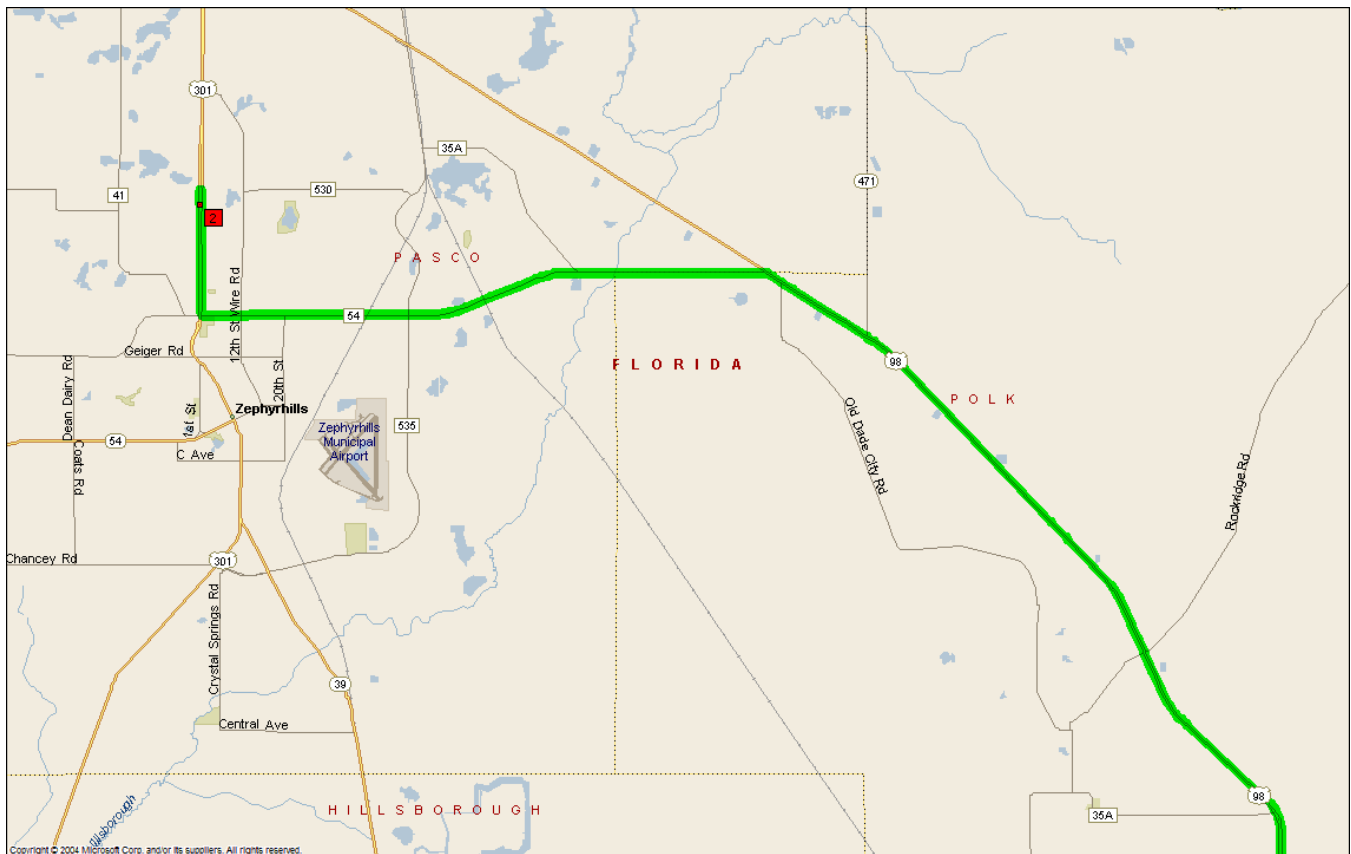
US-1 North (duh) to FL Turnpike

Leave Turnpike at Exit 193 (Yeehaw Junction), go west on FL-60



Follow US-60 for 62 miles to Bartow, then turn right (north) on US-98

Go North on US-98 for 16 miles. Cross I-4, continue North on US-98 for 15 more miles



Turn left (west) on FL-54, follow for 7 miles to US-310

Turn right (north) on US-301

Microtel is a 1.4 miles up on the left, across the median.

****Turn left at Chili's sign (entrance for Wal-Mart also)****

Turn right at the Stop sign, Microtel is 3-story gray building straight ahead.

(If you miss the Chili's/Wal-Mart entrance, you'll have to go a mile down 301 and U-turn back.)

[If you want to go directly to the course before the hotel,
just stay on US-98, till it merges with US-301 at Dade City
and follow the directions below]

Map and Directions from Microtel to Little Everglades Ranch
11.0 miles (20 minutes)

Turn left out of parking lot and go north on US-301
Follow US-301 north for another 9.7 miles, passing through Dade City
Turn right on Ashbrook Road.

Landmarks

After 3.5 miles, you merge with US-98 North
There is a water tower 8.5 miles from Microtel – you have 1.5 miles to Ashbrook Road
Jordan Road (and the Rainbow Fountain Motel) is on the right 0.5-mile later.
Ashbrook Road is 1.0 mile farther up on the right
Ranch Entrance is 0.6-mile down Ashbrook, follow signs for parking (\$5 per vehicle)



Little Everglades Ranch – 5K Cross Country Course



Course Description:

Overview: 2¼ laps, with 1 infield detour on 2nd lap. 100% grass – level footing, but not very firm underfoot. It looks flat on the map, but the hills are significant.

Start: 600m straightaway, 1st 100m is downhill, then next 500m is significantly up. You'll do that incline 3 times, including the final 500m of the race. The first turn is fairly level, with some rolling. The first half of the back stretch is level, but the second half goes gradually down. The downhill continues through Turn 2.

On the second lap, just past 3K, the course takes a 120° turn through a gate and onto a rolling inner loop. The rolls are fairly steep, both up and down. You return to the gate, go left, and the last 1000 is down for 500m, then up for the last 500m.

You can scout what it looks like on the following photo galleries:

[FLrunners 2005](#)

[State Class 2A Meet 2005](#)