Calculate How Many Calories You've Burned

	Calories burned per pound per minute		Your weight in pounds		Total Calories burned per minute		Finish time (minutes)		Total Calories Burned
Walking	0.037	x		Equals		x		Equals	
Run 9 Minute Mile	0.087	x		Equals		x		Equals	
Run 8 Minute Mile	0.095	x		Equals		x		Equals	
Run 6 Minute Mile	0.115	x		Equals		x		Equals	

Fun Facts!

-The "K" in 5K stands for kilometer, which is the equivalent of 0.62 miles. Therefore, a 5K race is 3.1 miles long—a fantastic distance for beginning runners to conquer.

-Running burns 50% more calories than walking.

-Over 1 billion pairs of running shoes are sold world-wide each year.

-On average, 104.3 calories are burned every mile when running at a 10 minute/ mile pace.

-The fastest mile was run by Moroccan, Hitcham El Guerrouj in 3:43:13 in 1999. Interestingly enough, the second fastest record holder is the 2nd place winner of the same race.

-Your foot arch affects your running stride. High arches and flat arches can determine how your body absorbs the shock of impact from running.

-Three surprising animals that are faster than the human being are a domestic rabbit, a cat, and a kangaroo.

Claytor Lake State Park
6620 Ben H. Bolen Drive
Dublin, VA 24084
Phone 540-643-2500

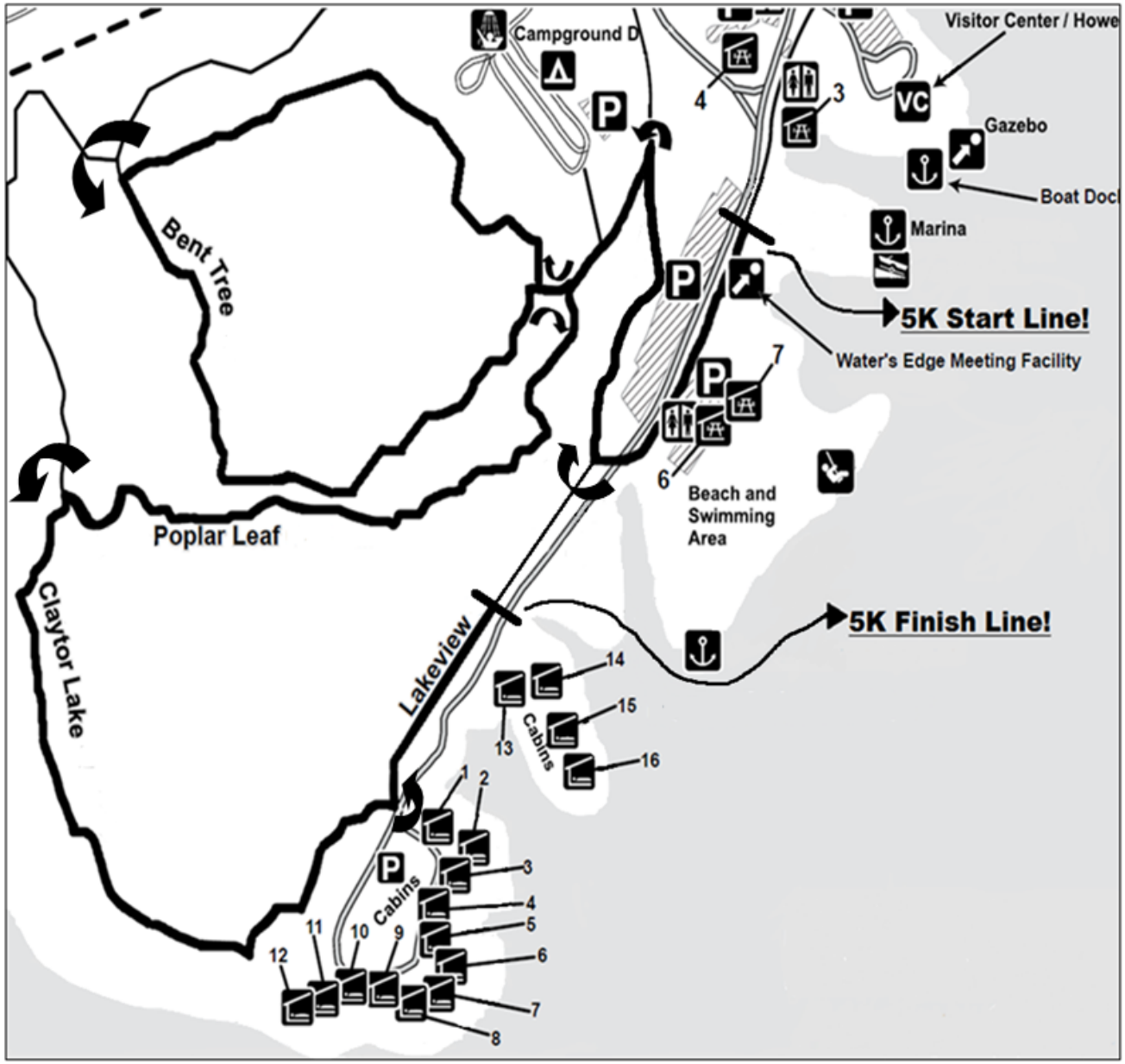
Virginia State Parks

Troop 244

5K Cross Country Trail Map

www.virginiastateparks.gov

5K Cross Country Trail Map



Interested in hosting a 5K race here at Claytor Lake State Park? Contact the Park Office for additional information.

Directions

From Start Line:

.2 Miles on Lakeview	TURN
.3 Miles until Poplar Leaf	TURN
.1 Miles on Poplar Leaf	KEEP
.075 Miles on Bent Tree	TURN
.45 Miles on Bent Tree Loop	TURN
.6 Miles on Bent Tree Loop	TURN
.075 Miles on Bent Tree	TURN
.5 Miles on Poplar Leaf	TURN
.63 Miles on Claytor Lake	KEEP

900 Feet on Lakeview to FINISH LINE!

Follow the Green Directional Signs!