

Troop 244

# 5K Cross Country Trail Map



# 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, Hicham 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.



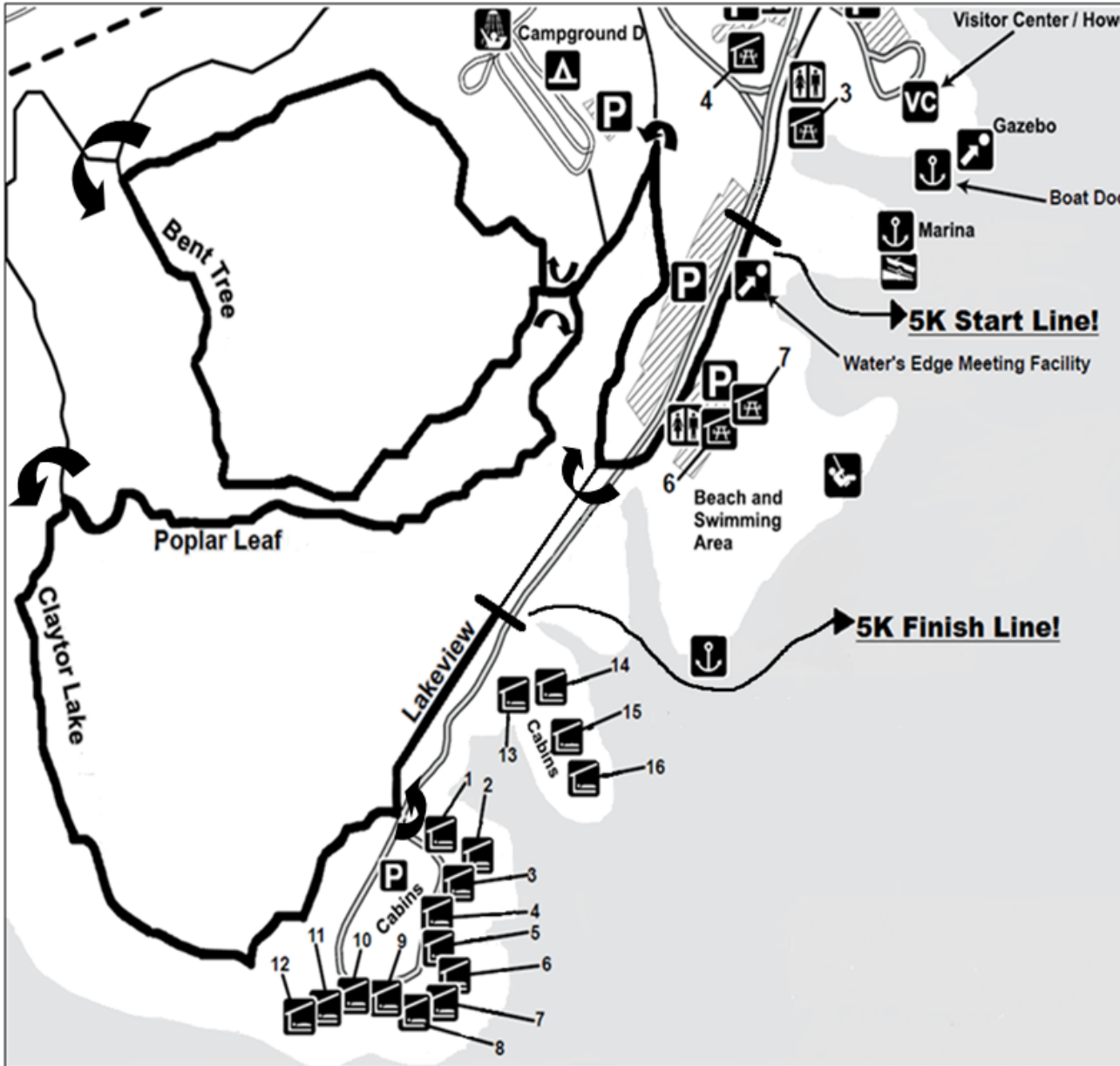
Claytor Lake State Park  
6620 Ben H. Bolen Drive  
Dublin, VA 24084  
Phone 540-643-2500

## 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

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# 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!**

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