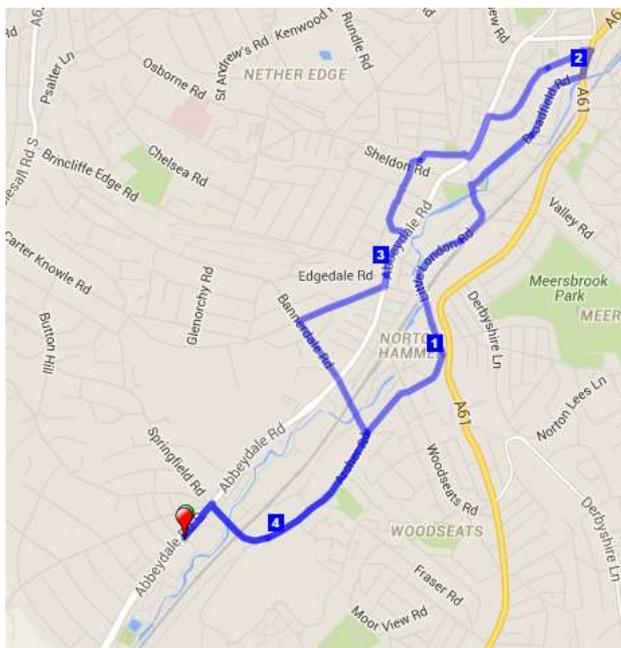


Group 4:



Slightly shorter and flatter run of 4.5 miles along sideroads, with a change in elevation of about 120ft.

If time allows, this can be extended by running to the Beauchief and back (additional 1.5 miles).