



The Great Cow Run

Cerritos Regional Park

195th

Bloomfield

BUS DROP OFF 2 Mile Volunteer

Map Key

- Picnic Area
- Building
- Cones
- Tree
- Sidewalk
- 1st Mile
- 2nd Mile
- 3rd Mile
- Body of Water



Picnic Areas Might Be Reserved Be Prepared To Surrender Your Spots

Be Careful Cross Straight Through Plot Crossing Guard Watch for Cars

Course Information

Distance: 3.0 Miles

Please remain on the grass around the lake where clearly marked with double sets of flags denoting a boundary. As many small flags will be placed along the route of the race to keep athletes headed in the right direction, however will be limited to limit confusion. Although we will be monitoring the course, remind runners to keep an eye out for other pedestrians who may not be paying attention or crossing.



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**Please Direct Questions To:
Jason Watanabe, Cerritos High School
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**The park is located on the corner
of 195th and Bloomfield in Cerritos.**

