

## **Basil Marella Park (English Road Park)**

### **Course Verbal Directions (3.1 miles)**

#### **Directions for course set-up:**

- Start near the soccer field near the main parking lot at the West side of the park.
- The start line should run north to south at the far end of the field.
- Head straight (East) to the natural opening on the bike path.
- Turn right and stay on the path for several hundred meters.
- Stay straight and continue on the main bike path. Follow this to the end (do not turn to the right yet).
- Near the end of the path, veer left onto the dirt trail and then turn left onto the sidewalk along Vintage Lane.
- Stay on the sidewalk and past the guard rail before turning left down into the woods trails.
- Head straight and veer right to the main trail on the right side of the woods.
- Follow the trail (route 390 will be on the right). The one mile mark is along this trail near the big tree where the oath goes slightly down hill.
- Follow this trail out of the woods and veer left through the meadow.
- Run up the slight hill ("Howlett Hill") and turn right onto the bike path.
- Run along the bike path, staying between the trees and run on the bike path in reverse.
- Take a left onto the soccer fields and head back to the start line.
- Take a left around the start line and then another left around the next soccer field.
- Run the length of the soccer field and stay to the right of the finish area.
- Take a gentle right and head behind the other group of soccer fields, heading first towards the corner of the nearest soccer field and then towards the bike path opening.
- Run on the bike path until you see he turn to the right. Go right and follow this dirt trail for about 100 meters.
- At the end of this trail, turn left onto the narrow trail through the woods. This turn is the 2 mile mark.
- Follow this trail straight until the end, going by the gate and onto the sidewalk.
- Turn left onto Vintage Lane and follow the sidewalk East until the same opening as the first part of the course.
- Turn left and follow the same trail, past the mile mark and into the meadow.
- Follow the same loop, heading up "Howlett Hill" and taking a right onto the bike path. Turn left onto the soccer fields and go around both fields again.
- Turn left and head in between the sets of soccer fields towards the finish.
- The finish line should be set up about 10 feet past the goal line of the farthest soccer field.
- The finish line runs north/south and cones can be used to create a finish tunnel for the last 50 meters of the course.
- This course can be set up with a normal amount of cones and flags.

### **Course Flags:**

- Red flags (left turn) – at least 7
- Yellow flags (right turn) – at least 6
- Blue flags (straight) – at least 3

### **Important Information:**

- For park questions/emergencies call (585)225-5000.
- There may be soccer games or practices going on during races. Make sure runners stay off the soccer fields and soccer athletes and spectators are aware of the race course. Extra cones are good for this.
- There are bathrooms near the tennis courts. There is also a short cut to the 2 mile mark here.

### **Directions to the park:**

- Basil Marella Park is in Greece. Take route 104 West to Mount Read Boulevard. Turn right heading north. Turn left onto Vintage Lane. Then turn right onto Fetzner Road (past 390 express way). Turn right onto English Road. The park is on the right.
- There are 2 main parking lots, one on the West end of the park and one on the north end. Both have plenty of parking and are near the course.