

Center Park

Course Verbal Directions (3.1 miles)

Directions for course set-up:

- The start is located at the soccer goal line at the far end of the shelter.
- The course goes straight down the soccer fields toward Ayrault Road where you veer right (between the trees) and cross the paved path.
- Continue on the grass and make a right turn just above the paved path on the flat grassy area.
- Continue on this flat grassy area until you come to the 5th small tree on the left. Then angle down the hill and beeline toward the grove of trees in the direction of the playground.
- Go between the trees bearing right and head toward the wooded area and toward the chipped trail to your right.
- Follow the chipped path and when you emerge, head towards the chipped path on the right. Follow this path up the hill and continue to follow this path. It will bring you back to the hill area.
- Veer right and follow a 2nd chipped trail. This trail will take you to an area where there is a bridge. The one mile mark is just past the bridge.
- Cross the bridge and onto the trolley bed where you will turn left. After a very short distance turn right towards the big hill.
- You will head through a small cut-through onto a grassy meadow. Head up the big hill all the way to the top.
- At the top of the hill, turn right and follow the main trail to the 2nd birdhouse. Nearing the mile and a half point, turn right and then left onto a soccer area.
- Continue straight down the grass area and crushed stone path towards the parking lot.
- Veer right in front of the trees and follow the tree line. Head into the path through the wooded area that connects to the trolley bed and turn right.
- Follow the trolley bed straight until you reach the opening for the bridge. You will pass the 2 mile mark (pole #59/25) just before this opening.
- Turn left and go over the bridge. Then re-enter the lower chipped trail on your right.
- Follow the chipped trail and when you exit, bear right and enter the other trail. (You will do the reverse of the first time through)
- As you begin to head downhill from the top of the trail, head out onto the grass through the opening. You will not follow the same trail down, but stay to the right of the woods until you reach the bottom.
- Connect with the crushed stone path and continue to do the beginning of the course in reverse.
- Follow the course in reverse through the path, around the playground and up around the soccer field.
- Make sure there are flags to designate where to turn.

- The only difference is at the end of the soccer field. Runners will veer right and head to the finish line. This is closer to the shelter than the starting line.
- Runners head towards the last tree on the right and into the finish chute.
- The finish line is directly in line with the pillars for the shelter.
- This course can be set up with a normal amount of cones and flags.

Course Flags:

- Red flags (left turn) – at least 10
- Yellow flags (right turn) – at least 11
- Blue flags (straight) – at least 3

Important Information:

- There are yellow posts in the ground where a lot of the flags on the course go.
- Make sure the area in the woods around the ½ mile mark is well marked in both directions. This would be a good place to have a volunteer direct runners on the course.
- The shelter might have to be shared by several teams so bring a tent and/or keep your stuff on a few tables instead of all of them.
- For park information/emergencies call (585)223-5050.

Directions to the park:

- Take 490 east to the route 31 exit in Fairport.
- Take route 31 east and make a left onto Ayrault Road. After you cross Turk Hill Road, the park will be on the left hand side.
- Busses and cars will park in the main parking lot near the pavilion.