

Harris Whalen Park

Course Verbal Directions (3.1 miles)

Directions for course set-up:

- The start line runs between the first light tower pole and an orange pole behind the goal posts.
- Run across the football field toward the backstop (a cone should be placed so runners follow the 3rd base line). Go around the backstop keeping it to the left and follow the tree line. Run past the large tree and to the black rocks and turn left at a red flag.
- Go up the hill and turn left after you pass the last pine tree (red flag just past the bocce courts). Follow the edge of the parking lot and turn right (yellow flag) around the light post on the corner of the parking lot.
- Angle towards the road and head up the road hill until you reach the top. Turn right (yellow flag) onto the path by the water tower.
- Follow the path by the water tower into the woods. Follow the bark trail. When you reach the clearing, turn right (yellow flag) and go up the hill in the woods.
- Turn left (red flag) at the top of the hill. Follow the trail and when you get to the wide path turn right (yellow flag).
- Follow the path until the end and turn left (red flag) to take you out of the woods. Run toward the small clump of trees (use cones here) Run between the trees (4 on the right and 2 on the left).
- Go across the field heading towards the big tree. The 1 mile mark is in this field.
- Go past the big tree to the backstop and go around the backstop, this time keeping it to your right.
- Follow the grass path to the park road entrance. As you approach the road, cut up to a narrow path between the small tree and pine trees. Cross the road to the left of the mailboxes. (there should be cones here and a road marshal to direct traffic during the race)
- Continue across the road in the drainage area past the school out to the end of the school playground. (watch out for drainage cover/hole)
- Place a yellow flag at the point where there is a right angle between the 2nd pine tree and the telephone pole with the white mark on it. Turn right and head up the hill.
- Put a blue flag on the hill and continue to run straight.
- Put a yellow flag at the point where a line from the first pine tree left of the sidewalk and the 2nd pine tree from the tree fort connect. Turn right and head towards the small clump of trees.
- Go past the sandboxes and swing sets and head to the 2 big pine trees near the road. Go between the trees turning left towards the stop sign. Turn left (red flag) and head up the road hill towards the water tower. The top of the hill is almost the 2 mile mark.
- Repeat the loop in the woods and out into the clearing through the same clump of trees as earlier in the race.

- Continue to the big tree. At the tree this time, bear right and go back up the hill. Place a red flag at the top of the hill in line with the big tree and the corner of the basketball court at the bottom of the hill.
- Turn left at the flag and go down the hill, going in between the basketball courts and the softball field. Continue past the finish line and towards the backstop.
- When you go around the backstop (keeping it to the right), angle towards the next backstop (keeping it to the right). Go behind the backstop and towards the fence. At the fence, turn right (yellow flag) and go to the opening near the start line.
- Turn right (yellow flag) and run along the sideline of the football field.
- The finish line is in line with the turn at the end of the field and even with the white pole that sits by itself at the end of the field.
- This course can be set up with a normal amount of cones and flags.

Course Flags:

- Red flags (left turn) – at least 8
- Yellow flags (right turn) – at least 10
- Blue flags (straight) – at least 3

Important Information:

- For park questions/emergencies call (585)340-8600.
- There needs to be a road marshal at the park entrance road (about ½ way into the race) for each race to stop traffic.
- Use cones/flags or ropes to block off the area near the fence and the last turn before the finish as spectators are often in this area.

Directions to the park:

- Take 490 East to Route 441 (Linden Road exit). Take a left onto route 441. Follow 441 through the four corners of Penfield. The park will be on the left hand side across from Wegmans before route 250.
- Once on the park road, athletes can be dropped off in the small parking lot on the right hand side. Busses can then park across the street at the school or in the lot at the top of the hill.