

## Mendon Ponds Park West

### Course Verbal Directions (3.0 miles)

#### Directions for course set-up:

- The start line is located off Hopkins Point Road in the “Boy Scout Area”. The start line is in line with a water spout at the bottom of the hill.
- Runners head toward the first turn which will be marked with a double flag (red/yellow).
- Runners head toward the last tree before a utility pole (with a support cable) and take a right hand turn around it and cross Hopkins Point Road.
- Immediately after crossing the road, runners take another right hand turn (yellow flag) around a tree almost directly opposite the other tree.
- Run across the grass field making a bee line for the opening between two large cottonwood trees.
- Staying to the right of the poplar on the left, take a left hand turn out onto the road heading towards Hopkins Point.
- Remain on the left hand side of the road and head toward a pond side pavilion.
- As you approach the pavilion, pass between a fire hydrant and a tree located just to the left of the parking lot.
- Keep the pavilion to the left and head toward a yellow flag. (located to the left just beyond a new fir tree)
- Take a gentle right hand turn and run alongside the pond for a short distance.
- Take a right hand turn (yellow flag) onto a trail alongside the pond. Travel down this trail for a couple hundred yards and then take a left staying on the pond side trail.
- Stay on the trail for several hundred yards and then make a right hand turn (yellow flag) to head up “Cardiac Hill”.
- Once beyond the hill, travel down a trail until a fork at the bottom. Take the right hand trail which will lead you into “Grand Junction”/“Grand Central” where several trails converge.
- At the bottom of the hill, take a slight left then continue straight down a trail through the open gate on the path.
- Once past the gate, travel down a grassy hill which will take you toward the road. Head slightly to the left for the corner of trees and brush by the road. Take a left onto the road. (red flag)
- After a short distance on the road, take a left hand turn onto a trail (red flag), which passes a small pond on the left.
- Travel down this trail until you come to the fork and turn left up a trail that begins to take you up “Coronary Hill”.
- This trail will head back to “Grand Junction”/“Grand Central” and you take your first hard right which will continue up “Coronary Hill”.
- The trail will end at the trail atop the esker where you take a right and make the final ascent of “Coronary Hill”.

- Stay on this trail for several hundred yards until it ends. Pass by a gate and cross a grassy area, heading for the trees and brush bordering Hopkins Point Road to the right.
- Turn right onto the road here (yellow flag or cones) and head back towards the “Boy Scout Area”. Crest a small hill and come to a fork in the road. Continue straight.
- Shortly thereafter, turn left to go between the two large cotton wood trees and head towards a red flag. (This red flag should be placed opposite 2 trees beside Hopkins Point Road within 15 feet of the tall grass).
- Take a left around the flag and head straight down the field. Keep the big bush just to your left and head for another red flag. (the second red flag should be located in line with the first red flag and big bush adjacent to a bird house on the right in the tall grass)
- After taking a left around the second red flag, head for the same two trees used at the beginning of the course to cross Hopkins Point Road. (cones or a road marshal should be here during the race)
- Taking a left around the second tree, make a bee line for the finish chute atop the hill at the far end of the field.
- The finish chute uses the flag pole as the left side of the finish line as runners approach it.
- 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 8
- Blue flags (straight) – at least 5

#### Important Information:

- For park questions/emergencies call (585)509-2895 (cell) or (585)359-1433 (office).
- The host school should make sure gate at the juncture on the course is open.

#### Directions to the park:

- The course is at Mendon Ponds Park in the Pittsford/Henrietta area. The course starts and finishes near Hopkins Point Road in the park.
- Take 590 South to the Monroe Ave exit. Turn right and then turn East onto Clover (route 65). Follow route 65 past the thruway. The park will be on the left hand side. Use the first entrance to the park.
- Stay on the entrance road and take your first right (Boy Scout Entrance). Follow this road up to the flag pole. Busses can drop teams off and park in the adjacent lot or near the start/finish across road.