

Northampton Park

Course Verbal Directions (3.1 miles)

Directions for course set-up:

- The start line is at the easternmost end of the field near Hubble Road. The line runs between the Easternmost pine tree and the Easternmost deciduous tree near the finish line.
- From the starting line, head west to the far end of the open field. Place a blue flag about 100 meters from the start.
- At the southwest corner of the field head onto the mowed trail. Follow this to the 4 way junction. Reaching the junction the first time, make 2 quick left turns (both red flags) and head east. Post #6 will be on the right.
- Follow the dark trail until it opens up to a mowed trail at post #3. Place a blue flag 10 meters east of this trail junction. Continue past post #2 and post #1 to the end of the row of trees.
- Turn left (red flag) at the last tree running directly behind and parallel to the starting line.
- Turn left (red flag) around the last pine tree and run straight to the parking sign at the corner of the lot (blue).
- From the sign, run straight ahead and throw the gap in the row of pine trees (blue flag just before the gap). Turn right (yellow flag) just past the gap and follow the row of pines until you reach the northeast corner of the field. Turn left (red flag) about 10 feet from the field's edge and follow the perimeter of the field past the large flat rock in the grass. This corner is the one mile mark.
- From the rock, run straight to the first bush in the row of four at the west end of the field. Leave the bushes on your left and turn left (red flag) at the 4th bush. Follow the edge of the field back to the trail at the corner.
- Turn right (yellow flag) on the trail and head west until you reach the four corners. This time turn right (yellow flag) and follow the trail down the hill to post #9.
- Turn right (yellow flag)(might need cones here) and follow the main trail that parallels the creek ravine.
- At the end of this trail you reach a snow fence and the edge of the ski hill. Go through the opening in the fence and take a left (red flag). Follow the edge of the hill down past the numbered poles towards the bottom. The 2 mile mark is pole number 4.
- From pole number 4, run to the number 8 pole at the bottom of the hill. Veer right (yellow flag) and run toward the tall, ivy-covered tree beyond the edge of the field.
- When even with the tree, turn right (yellow flag about 6 feet from the edge) and head along the edge of the field to the northeast corner.
- At the corner, turn right (yellow flag about 6 feet from the edge) and head up and across the hill to the large tree in the center. Place a blue flag in the middle of the hill and at the tree.
- From the tree, continue to the top of the snow fence. Turn right (yellow flag) through the gap in the trees and back onto the soccer field area.

- Follow the same course as before, turning left after the fourth bush in the row. Head back out on the grass trail to the 4 corner junction. (This will be the 3rd time at this spot).
- Make 2 quick lefts again at the red flags and head through the dark trail. You will pass post 3, 2 and 1 towards the finish.
- The finish line should be even with the last deciduous tree in the row near the starting line. Set up the chute on the right side of the trail and channel the runners off into the field to the right (south).
- 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 9
- Blue flags (straight) – at least 4

Important Information:

- For park questions/emergencies call (585)509-2827 (cell) or (585)637-2345 (office).
- Spectators and busses should not park in the main lot by the top of the ski hill. Spectators should park across the street at the sledding hill and busses can drop off athletes and park at Springdale Farms until the conclusion of the meet.
- Do not have runners leave things behind the starting line (warm-ups, clothing, water bottles, etc. as this is part of the course)
- You will need a sign, clear markings and/or a marshal at the four corners part of the course so runners know which direction to go each time through.
- Bathrooms are near the swing set at the top of the ski hill.

Directions to the park:

- The course is at Northampton Park on Hubbell Road near Brockport. From the east, take the route 531 extension west off of 490 west. Follow 531 to the end and turn left onto Washington Street. Take the first right onto Colby Road. And follow it to Springdale Farms. Turn right at the 4-way stop sign onto Hubbell Road.
- The course starts and finishes on the left side near the swing sets and soccer fields at the top of the ski hill.