

Parma Park

Course Verbal Directions (3.1 miles)

Directions for course set-up:

- The starting line is an imaginary line even with the northern most pine tree and third base on field number 7. Run in the space between the football field and the woods.
- Continue past the baseball field and through the opening in the trees. Take a quick right (yellow flag) and then a left (red flag). The flag should be placed 8 feet from the corner of the parking lot. This flag is used at the finish of the race as well. Run straight to the end of the parking lot and turn right around a cone placed 20 feet from the tree line.
- Make a right around the cone and follow the tree line until the opening in the woods. Turn left (red flag) down the gravel path. Start loop 1 and follow the path across the first bridge and up a short hill ("Szczepanik Hill"). At the top of the hill, turn right (yellow flag) and follow the nature trail. (Do not head into the meadow at this time...use cones to block this corner).
- Continue to the end of the path and turn right crossing the 2nd bridge (yellow flag at turn).
- Turn left (red flag) right after the bridge and enter a small sunken meadow. Head straight for the hill and a blue flag (at the base of the hill). Do not take the path to the left. This should be clearly marked.
- At the top of the hill veer right into the clearing and head towards the left hugging the tree line. Turn left at the red flag and head down the hill. The path makes an extreme downhill and sharp left turn.
- Follow this path until you see the third bridge on the right side (yellow flag). Cross the bridge and head up the hill to the clearing. Make a left hand turn (red flag) and follow the tree line within 10 feet of the trees to the left.
- The mile mark is in the middle of this trail. There is a trail about 20 meters past the mile mark. Put a blue flag just past this so runners know to continue straight. Continue the length of this clearing.
- At the end there is a group of three small trees. Go to the left of those trees and turn right around a yellow flag. Take the shortest route to the northwest corner of the meadow. The nature trail entrance should be marked with two cones.
- Runners will stay on this trail until they reach the grassy field. (Runners will take every right fork on this trail except the first one which would lead into a farmer's field). Enter a grassy meadow and head straight keeping the corn field on the right hand side.
- At the end of the corn, enter the woods again. Use two cones to mark this entrance. (Do not stay in the meadow by turning left. This needs to be clearly marked). Immediately entering the woods, the path turns left and heads downhill.
- Do not cross the bridge at the bottom of the hill. Take the first left (red flag). This path goes up a short, steep hill. The path exits into the grassy meadow.
- Upon entering the meadow, turn right (yellow flag) and head to the corner of the grassy meadow and enter the woods. Follow this trail to the fourth bridge.

- Cross the bridge and take an immediate right (yellow flag). Stay on the left side of this small clearing and head up the small hill. At the top of the hill turn left (red flag) and hug the tree line.
- At the corner of the parking lot, enter the original path on the left that goes into the woods and to the first bridge.
- For loop number two, repeat the first loop until reaching the corner of the clearing past the mile mark.
- At the northwest corner of the meadow runners will turn right again but then take a left onto the first path into the woods. This should be clearly marked by the host school.
- At the end of this short path make a left (red flag) and then stay to the right (yellow flag) passing a small bench on the right side.
- Follow this trail until you reach the forth bridge. Like the first loop, make an immediate right after the bridge and head up the hill.
- To finish, keep running straight at the top of the hill keeping the parking lot to the right.
- This is the reverse of the route from earlier in the race. At the corner of the parking lot, turn left (around the original red flag) and run with the trees to the right side.
- Cut through the trees at the natural opening behind the backstop of baseball field #6. There should be a yellow flag designating the exact opening.
- Runners head toward the finish which is even with the first tree when running toward Lions Pavilion. The chute is constructed between the trees.
- This course can be set up with a normal amount of cones and flags.

Course Flags:

- Red flags (left turn) – at least 9
- Yellow flags (right turn) – at least 9
- Blue flags (straight) – at least 2

Important Information:

- For park questions/emergencies call (585)392-9461.
- There may be football games or practices going on during races. Make sure runners stay off the football fields and football athletes and spectators are aware of the race course. Extra cones are good for this.
- There are bathrooms near the parking lot and near the football fields.

Directions to the park:

- Parma Park is on route 259 in Parma (Hilton) between Park and Parma center Road (route 18)
- The course begins near the Burritt Pavilion in front of the pond and ends next to the Lions Pavilion. Busses may unload athletes next to the pavilions but are then asked to park in the lot that is accessible via Parma center road. The busses will be about 150 meters from the starting line in this lot.