

Seneca Park

Course Verbal Directions (3.0 miles)

Directions for course set-up:

- The starting line is in the field on the southwest side of the pond and is located on a straight line between two trees with paint marks.
- Runners should head towards the pond and stay to the left of the big 5-trunk tree that is about 100 meters into the course.
- Continue straight (north) from the tree and keep left of the chained picnic table and tree located across the road from the large pavilion.
- Angle down the slope from the picnic table to the bike path keeping the marked tree to the left.
- Follow the paved pathway around the pond.
- Cross over the ditch and keep the first large oak tree to the left.
- Head across the field to small marked oak tree. Go around the tree keeping it on the right.
- Head straight to the service road leading up towards the zoo.
- Take the first path on your left (about 50 meters up the road) through the wooded area.
- Turn left onto the service road.
- Follow the service road to the main path leading to the scout camping area and recreation fields (about $\frac{3}{4}$ mile into the course).
- Turn left onto the path.
- As you come out of the wooded area, keep bearing left. Keep the main row of trees to the right.
- Head straight towards the grill. Pass between the grill and the trees at the end of the tree row.
- Keeping the trees on your right, turn towards the baseball backstop across the field.
- Make a straight line to the service road keeping the backstop to the right.
- The first mile mark is located on the service road just before reaching the park maintenance building.
- Continue following the service road through the park gates until reaching the sharp incline in the road.
- Watch for the path on the right side.
- Take this main trail through the woods until it turns back to the service road.
- Veer right onto the service road and take the first left hand turn downhill.
- Veer left at the bottom. The 2 mile mark is a short way up the trail.
- Stay on the main trail (do not turn left at anytime). At the split trail leading up the hill, stay to the right side.
- At the top of the hill, turn right back on the service road.
- Stay on the service road back through the park gates and to the place where the trail leads downhill to the bouncy bridges.
- Turn right onto the downhill trail. Be sure to keep to the main trail.

- The second bouncy bridge is located on an uphill portion of the trail. Shortly after this bridge the trail comes to a “T” intersection.
- Turn right over the 3rd bouncy bridge and then bear left around the turn in the trail.
- Follow the wood chip trail right out to the open.
- Stay on the trail along the fence right to the finish line.
- The finish line is located at the grill located along the trail about 100 meters before reaching the bathrooms.
- This course can be set up with a normal amount of cones and flags.

Course Flags:

- Red flags (left turn) – at least 4
- Yellow flags (right turn) – at least 7
- Blue flags (straight) – at least 2

Important Information:

- For park questions/emergencies call (585)683-5278 (cell) or (585)336-2507 (office).
- There are bathrooms near the finish line area.
- Make sure gates on service road are open (they should be any time the park is open).
- Cones can be used on this course to help runners notice where to run.

Directions to the park:

- Take 104 East to the St. Paul Boulevard exit.
- The course is located near Seneca Park Zoo in Greece.
- Follow directions to the zoo and take the park road past the zoo entrance. When you get to the pond, follow the road to the far side and there are places to park.