

## Webster Park

### Course Verbal Directions (3.0 miles)

#### Directions for course set-up:

- The start is just over the stone bridge off the Holt Road parking lot. The starting line goes between about 8 feet in front of the southwest tip of the left hand playground and the 2<sup>nd</sup> of two large trees southwest of the bridge along the creek.
- Runners head straight (west) for about 340 meters through the glen to the pavilion at the far west end of the glen.
- They turn right around the southwest corner of the pavilion and head towards the large tree to the north of the pavilion.
- Go around that tree (keeping it to the right) and make a bee line for the large tree (marked with an orange X) on the north side of the glen.
- Go around that tree (keeping to the right) and head up the gully.
- Head through the natural gully opening toward the northeast corner of the park and five large sycamore trees. Keeping these trees on the right, angle to the right from the 4<sup>th</sup> to 5<sup>th</sup> tree .
- Now head south (parallel to Holt Road) and stay to the right of three more large trees, angling to the right around the third tree.
- Head southwest through the natural opening at the top of the hill.
- Turn left down the hill toward the large sycamore tree at the bottom. Then turn right around the tree and follow the path of the start through the glen.
- When you get to the wooden bridge at the end of the glen, turn left and cross the bridge, heading up "Heartbreak Hill".
- At the top, veer slightly to the right and follow the tennis court loop road to the parking lot on the opposite side. (runners may run on the road or the grass to the inside)
- Angle to the right at the entrance of the parking lot and run past the large maple tree and the sandbox (keeping them to the left). Head towards the opening of the "horse trail".
- The one mile mark is at the point in line with the sandbox where the red maple tree to the southeast and the next to the southeast of that can be connected. (Place a blue flag here).
- Head up the trail and veer to the left at the "Y". Proceed through the horse trail until coming to the clearing along Holt Road. Turn left at the clearing and follow the rolling hills keeping the tree line to the immediate left.
- Just before the downhill leading to the park entrance turn left at the opening and follow the lane formed between two rows of pine trees. Turn left around the clump of trees at the end of the opening and proceed down the hill into the clearing along the road, keeping the tree line on their immediate left.
- As the tree line veers to the left to expose a large clearing, make a bee line across this clearing toward an opening through a small clump of trees next to the tree line.

- Once through the opening, stay low along the tree line past 2 large trees. Angle to the right toward the red maple (keeping it to the right) and the blue flag marked one mile. (A yellow flag should be placed below the blue flag at the same turn.)
- Now heading in the opposite direction of the first mile, run to the left of the sandbox and toward the tennis court loop road.
- Run clockwise around the loop (on the road or grass) following any tangents that keeps you between the “No Parking signs”.
- The 2 mile mark is near the first of 2 small parking areas on the northeast side of the loop.
- At the intersection about  $\frac{3}{4}$  of the way around the circle veer left along the road and down a slight hill.
- Keeping the tree line to the left, angle around to the left and the next clearing. Continue along the tree line and turn left at the opening.
- Run up the hill (on either side of the old apple tree) towards the pavilion at the top.
- Keeping the pavilion to the left, run around it veering to the right at a short trail. This trail will take you down to the base of “Heartbreak Hill”.
- Veer to the right at the bottom of the hill and cross the wooden bridge. Then turn right and proceed through the glen in the opposite direction of the start.
- At the large sycamore tree just to the north of the main pavilion, angle slightly to the left and head up “Suicide Hill”.
- Run around the same set of trees as in the first mile keeping them on the left. Run in the opposite direction from before heading down the gully.
- At the opening of the glen, veer slightly to the left and head for the same tree from the first part of the race.
- Continue around the southwest corner of the pavilion and make a bee line for the finish line on the south side of the next pavilion.
- The finish line and chute should be set up even with the south side of the small tree.
- 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 6
- Blue flags (straight) – at least 5

#### Important Information:

- For park questions/emergencies call (585)509-2827 (cell) or (585)872-0083 (office).
- There are bathrooms near the start line area at the top of the hill.

#### Directions to the park:

- Take 104 East towards Webster and get off at the Holt Road exit. Turn left and follow Holt Road to the end. The park is on the left hand side on the corner of Holt Road and Lake Road.