

## VERBAL DIRECTION FOR CENTER PARK COURSE – 3.1 MILES

The start is located at the soccer goal line at the far end of the shelter. The course goes straight down the soccer fields toward Ayrault Road where you bear right (between the trees) and cross the paved path. Continue on the grass and then make a right turn just above the paved path on the flat grassy area. Continue on this flat grassy area part of the course until you come to the 5<sup>th</sup> small tree (count the trees in the row closest to the runners) and then angle down the hill and beeline toward the grove of trees in the direction of the playground. Go between the trees bearing right and head toward the wooded area and toward the chipped trail to your right. Follow the path and when you emerge head toward the chipped trail to your right. Follow the chipped path up the large hill and continue to run this wooded trail...it will bring you back to the hill area...here you will bear right and enter a second chipped path...continue once again on the path and when you exit the chipped path you will bear slightly left and over the bridge. After crossing the bridge you will approach the "trolley bed" where you will make a left turn and run on the "trolley bed" for a VERY SHORT distance. You will notice a cut through a few yards down the trolley bed on your right. Take that right up the small grade and you will enter the grassy meadowlands. Follow the mowed path up the long hill and around the meadowland area... at the birdhouse (nearing the 1 ½ mile mark) turn right, head across the field and reconnect with the mowed path. Continue a short way then turn left onto a second soccer area and continue straight down the grass area and crushed stone path toward the parking lot. Bear right in front of the trees ...follow the tree line and bear right toward the chipped path through the small wooded area. Turn right onto the "trolley bed" once again and continue till you reach the opening for the bridge...turn left ..go over the bridge and then re-enter the lower chipped trail on your right. Follow the chipped trail and when you exit bear right and enter the other chipped trail (you are doing the reverse of the first time through) As you begin to run down the hill exit when you see the grass and bear left..you will be running down the grass hill NOT the large chipped hill that you ran up originally. You will connect again with the crushed stone path pretty much straight ahead of you or slightly to your left, and continue to do the reverse of the course. The only alteration to the reversal is that when you make the final turn at the end of the soccer field, heading to the finish line, you will go to the far corner and follow the tree line....this is just a slight variation from the line that is taken at the start. The finish line is directly in line with the pillars for the shelter.