

Mendon Ponds Park, East Course

To begin...

The start of the 5000 meter cross country course is on a diagonal line stretching from the rock near Douglas Road to a flat stone plate in the ground near the entrance road (to the bathing beach area) along a line of trees on the south side of the entrance road.

Once the gun goes off, runners should proceed toward the line of trees which run on the dirt road to Stewart Lodge that is south and west from the starting line. Go down the draw running the contour of the hill toward the opening in the woods (trail) along the large 1000 acre pond. On the trail continue to the boat launch road going uphill following the road almost to Douglas Road; however, just before Douglas, make a sharp right onto a path through the cedars to the end; make a sharp left turn through an opening going left on an uphill angle to another opening in the woods straight ahead and to the right. Go through this chute downhill until the open field appears. Run straight through the entire field until a path appears to the right. Take this path, which makes a sharp turn and comes back onto the field again. Continue on this path keeping the woods to the right until a path appears; take this path as it slowly winds uphill until you again come onto the same path that you were on before; however do not go through the cedar trail but continue just past it until another, short trail appears on your right, take it until you come back onto the boat launch road. **This is the one mile mark.** Take this road down until you retrace your steps which take you out of the path and into the open field. At this time make a sharp right turn keeping the woods to your right and the fields to your left. Go around the tree line, which is straight ahead coming behind the hill which is now on your left. Continue on this trail until almost to the end of the trail with Douglas Road straight ahead of you. At this point a chute going sharply left up the hill appears. Take this trail. You will now be on Hennessey Hill. Proceed on the hill, going down then up through the rollers toward the entrance road going to Stewart Lodge. Go between the 3rd and 4th tree angling down toward the beach keeping the swing set to your left. Go past the swing set continuing on the path to the beach. Once on the beach take a quick right past the break wall; continue north past the break wall and then take a pathway right toward the parking lot. Go through the parking lot in an easterly direction keeping to the left side of the exit road out of the parking lot. A line of sycamore trees is on your left. Keep going along the line, hugging the tree line on your left, you will go straight toward a path which goes down a small downhill, **this is the two mile mark**, which again goes straight up. This is Lovers Corner, take the path as it winds around the edge of the woods which is to your right. Once you have exited this path, make a slight turn to the right towards the road, run between Douglas Road and the ditch. Continue running parallel with Douglas Road through the Black Forest of locust trees past the exit and entrance roads to the bathing beach area. You will be making your way to Hennessey Hill; retrace your steps going up and then over the hill coming behind the hill keeping right around the hill until you reappear in the open field; the path to the same boat launch road is on your left, keep angling right through the breach of hills (the same breach you came down earlier). Go up toward the Stewart Lodge dirt road. Once you appear on the road, make a sharp left turn past the large tree on the south side of the road; angle toward a maple tree on the west side of the paved path, turn right towards the next maple tree. Turn right keeping the maple tree to your right and the swing set to your left; **this is the three mile mark;**

continue to the power pole, turn right and head to the finish line going uphill with the parking lot to your left and the playground to your right. The finish line is the first tree past the power pole. Total Distance is 3.05 miles.