

Northampton Park Course—3.1 miles

Directions to Northampton Park: From the east, take the Rt. 531 extension west off 490 west. Follow 531 to its conclusion, and then take a left onto Washington. Take the first right onto Colby Road and follow it to Springdale Farm. After the farm take a right onto Hubbell Rd. The soccer fields, swing sets and ski lodge on the left mark the start and finish of the course.

Parking: Cross country teams and spectators may **not** park in the soccer field/ski lodge parking lot. The dirt lot across the street is available, along with roadside parking and a large lot at Springdale Farms. Busses should drop off athletes at the soccer field and then wait for the conclusion of the meet in the Springdale Farms lot.

Start: The course starts at the easternmost edge of the fields down near Hubble Road. The starting line should be drawn from the easternmost pine tree by the parking lot to the easternmost deciduous tree near the finish of the course. From the starting line, runners head west to the far end of the open field. Place one blue flag about 100 meters out from the start. At the southwest corner of the field runners proceed into the mowed trail, heading back to the four-corner trail junction. Reaching the junction the first time, make two quick left turns (2 red flags) and head east, leaving the number six post on your right. Follow the dark trail until it opens up to a mowed trail at the 3 post. Place a blue flag 10 meters east of this trail junction. Continue east past the 2 post and 1 post to the end of the row of deciduous trees. Turn left at the last tree (red), running directly behind and parallel to the starting line. Turn left (red) around the easternmost pine tree and run straight to the parking sign at the corner of the lot (blue). From the sign, run straight ahead and through the gap in the row of pine trees (blue flag just before the gap). Turn right (yellow) beyond the gap and follow the row of pines until you reach the northeast corner of the field. Turn left (red: about 10 feet out from the field's edge) and follow the perimeter of the field past the large, flat rock in the grass. This is the mile mark.

From the rock, run straight to the first bush in the row of 4 at the west end of the field. Leave the bushes on your left, turning left (red) at the fourth to follow the edge of the field back to the trail at the southwest corner. Turn right (yellow) on the trail and head west until you reach the four corners. This time turn right (yellow), following the trail down the hill to the 9 post. Turn right (yellow—might need 2 or some cones/markings) at the post and follow the trail that parallels the Salmon Creek ravine. At the end of this trail you reach the snow fence at the edge of the ski hill. Pass through the opening in the fence and take an immediate left (red). Follow the edge of the hill down past the numbered telephone poles. The two-mile mark is the number 4 pole.

From the 4 pole, run to the 8 pole at the bottom of the hill. Veer right (yellow) at the 8 pole and run toward the tall, ivy covered tree beyond the edge of the field. When even with the tree, turn right (yellow: about 6 feet out from the edge) and head along the edge of the field to the northeast corner. At the corner turn right (yellow: about 6 feet from the edge) and head up and across the hill to the large tree in the center. Place a blue flag in the middle of the hill and at the tree. From the tree, continue to the top of the snow fence, then right (yellow) through the gap in the trees and back out onto the soccer field. Follow the same course as before, turning left after the fourth bush in the row. Head back out the grass trail to the four corners. Make two quick lefts again and run the dark trail back out past the 3, 2 and 1 posts to the finish. The finish line should be even with the last deciduous tree in the row. Set up the chute on the right side of the trail and channel the finishing runners off into the field by the copse of pines to the south.

This course requires: 7 red flags (left) 9 yellow flags (right) 4 blue flags (straight)