

Parma Park 5K Cross-Country Course:

Directions to Parma Park: Parma Park is on Route 259 in Parma (Hilton) between Peck Road and Parma Center (Route 18) Road. The course begins near the Burritt Pavillion in front of the pond and ends next to the Lions Pavilion.

Info for buses: Buses may unload athletes next to Burritt and Lions pavilions but are asked to then park in the parking lot that is accessible via Parma Center Road. The buses will still be within 150m of the starting line in this parking lot.

Materials needed for course set-up:

- Finishing chute
- *Chalk based* paint – used to mark start and finish lines as well as many of the turns in the woods
- 9 Red flags
- 9 Yellow flags
- 2 Blue flags
- 5 Cones

Start: The starting line is an imaginary line even with the northernmost pine tree and third base on field #7. Runners will run in the space between the football field (the football field is NOT on the course so runners should avoid running on it) and the woods. They will continue past the baseball field and through the opening in the trees. The runners will take a quick right (yellow flag) and then left (a red flag should be placed 6-10 feet from the corner of the parking lot ... This flag is needed at the finish of the race as well). They run along to the end of the parking lot. (This is the parking lot the buses should be in). A cone should be placed within 20 feet of the tree line. Runners should make a right turn around this cone and run along the edge of the woods until they reach the far corner of the parking lot. At the corner the runners should make a left turn (red flag) into the woods down the gravel path.

Loop #1: Runners will follow the path across the first bridge and up a short hill. At the top of the hill, runners will turn right (yellow flag) and follow the nature trail (Do not head into the meadow at this time – *cones and chalk based paint should be used by the host school to clarify this corner*). Runners will continue to the end of the path and turn right (yellow flag) crossing the second bridge. Runners will turn left (red flag) right after the bridge. Runners will enter a small sunken meadow and head straight toward a hill (blue flag at base of hill) *Do not take the path to the left, at the base of the hill, the host school for the meet should clearly mark this*. At the top of the hill the path turns right into another clearing. At the clearing the runners turn left (red flag), hugging the tree line. Runners will enter the next path on the left side (red flag). The path makes an extreme downhill and a sharp left turn. Follow this path until you see the third bridge on the right side (yellow flag). Cross the bridge and head up the hill to the clearing. Runners will make a left turn (red flag) and follow the tree line within 10 feet of the trees on the left. About the halfway point on this meadow is a trail on the left side, which is about 20m past the mile mark. Runners will continue the length of the clearing (a blue flag about

halfway along this length will help) and until they reach a group of three small trees. Runners must go to the left side of these trees and then turn slightly right (yellow flag) and take shortest route to the northwest corner of the meadow *Runners will head for this corner of the clearing where they will enter a nature trail (two cones to mark the entrance of trail)*. Runners will stay on this trail until they reach the grassy field. (Runners will take every right fork on this trail except the first one which would lead them into a farmer's field. There are several off shoots on this trail – avoid them ... for more clarification see map). Runners will enter a grassy meadow and head straight keeping the corn field on their right side. At the end of the corn, runners will enter the woods again. (Two cones to mark this entrance) Do not stay in the meadow by turning left. *This path needs to be clearly marked by the host school for the meet.* Immediately entering the woods, the path turns left and heads downhill. Do not cross the bridge at the bottom of the hill. Runners will take their first left (red flag). This path takes them up a short, steep hill. The path exits into the grassy meadow. Upon entering the meadow runners will turn right (yellow flag) and head to the corner of the grassy meadow and enter the woods. Runners will follow this trail to the fourth bridge. Runners will cross the bridge and take an immediate right (yellow flag). Runners will stay on the left side of this small clearing and head up a hill. At the top of the hill runners should see the athletic fields. Runners will turn left (red flag) and hug the tree line. (It is not necessary for athletes to run around the cone that was used early in the race at this point) Runners will pass athletic fields and a parking lot on their right. At the corner of the parking lot runners will enter the original path on the left that first took them into the woods and to the first bridge.

Loop #2: Runners will repeat loop #1 until they reach the corner of the clearing (In the description of loop #1 above, this is marked with an asterisk). At the northwest corner of the meadow the runners will turn right (like loop #1), but will take the first path on the left side (*Chalk based paint should be used by the host school here to clarify the difference between loop #1 and loop #2*). At the end of this short path runners will make a left (red flag) and then stay to the right (yellow flag) passing a small bench on the right side. Runners will follow this trail until they reach the fourth bridge. Like the first loop, runners will make an immediate right after the bridge, and head up the hill.

Finish: At the top of the hill the runners will run straight keeping the bus parking lot to their right. This is the reverse route the runners took early in the race. At the corner of the parking lot, the runners will turn left (around the original red flag) and run with the trees on their right side. Runners will cut through the trees at the natural opening behind the backstop of baseball field #6. There should be a yellow flag designating the exact opening. (*The placement of the flag should give runners a straight shot into the "natural" chute created by the trees next to Lions pavilion*). Runners will head toward the finish, which is even with the first tree when running toward Lions pavilion and the chute is constructed between the trees.