

## **Seneca Park 5K Cross Country Course**

Starting line is in the field on the south west side of the pond and is located on a straight line between two trees with paint marks. Contestants must stay to the left of the 5-trunk tree which is about 100m into the course.

Heading north from the 5-trunk tree keep left of the chained picnic table and tree located across the road from large pavilion. Angle down the slope from the picnic table to the bike path keeping marked tree to the left.

Follow paved pathway around the pond.

Cross over ditch and then keep first large oak tree to the left.

Head across field to small marked oak tree. Go around the tree keeping it on the right.

Head straight to the service road leading up toward the zoo.

Take the first path on your left (about 40-50 meters up the road) through the wooded area.

Turn left onto the service road.

Follow the service road to main path leading to scout camping area and recreation fields (about 3/4 mile into the course).

Turn left onto the path.

As you come out of the wooded area keep bearing left. Keep the main row of trees to the right.

Head straight toward the grill. Pass between the grill and the trees at the end of the tree row.

Keeping the trees on your right turn toward the baseball backstop across the field.

Make a straight line to the service road keeping the backstop on the right.

The first mile mark is located on the service road just before reaching the park maintenance building.

Continue following the service road out through the park gates and until reaching sharp incline in the road.

Watch for path on the right side. Take this main trail through the woods until it turns back onto the service road.

Bear right onto the service road and take the first left hand turn downhill.

Bear left at the bottom. 2 Mile mark is short way up the trail.

Stay on the main trail (do not turn left at any time). At the split trail leading up the hill stay to the right side.

At the top of the hill turn right back onto the service road.

Stay on the service road back through the park gates and to the place where the trail leads downhill to the bouncy bridges.

Turn right onto the downhill trail. Be sure to keep to the main trail.

The second bouncy bridge is located on an uphill portion of the trail. Shortly after this bridge the trail comes to a T intersection.

Turn right over the 3rd bouncy bridge and then bear left around the turn in the trail.

Follow the wood chip trail right out to the open. Stay on the trail along the fence right to the finish line.

Finish line is located at the grill located along the trail about 100 meters before reaching the bathrooms.