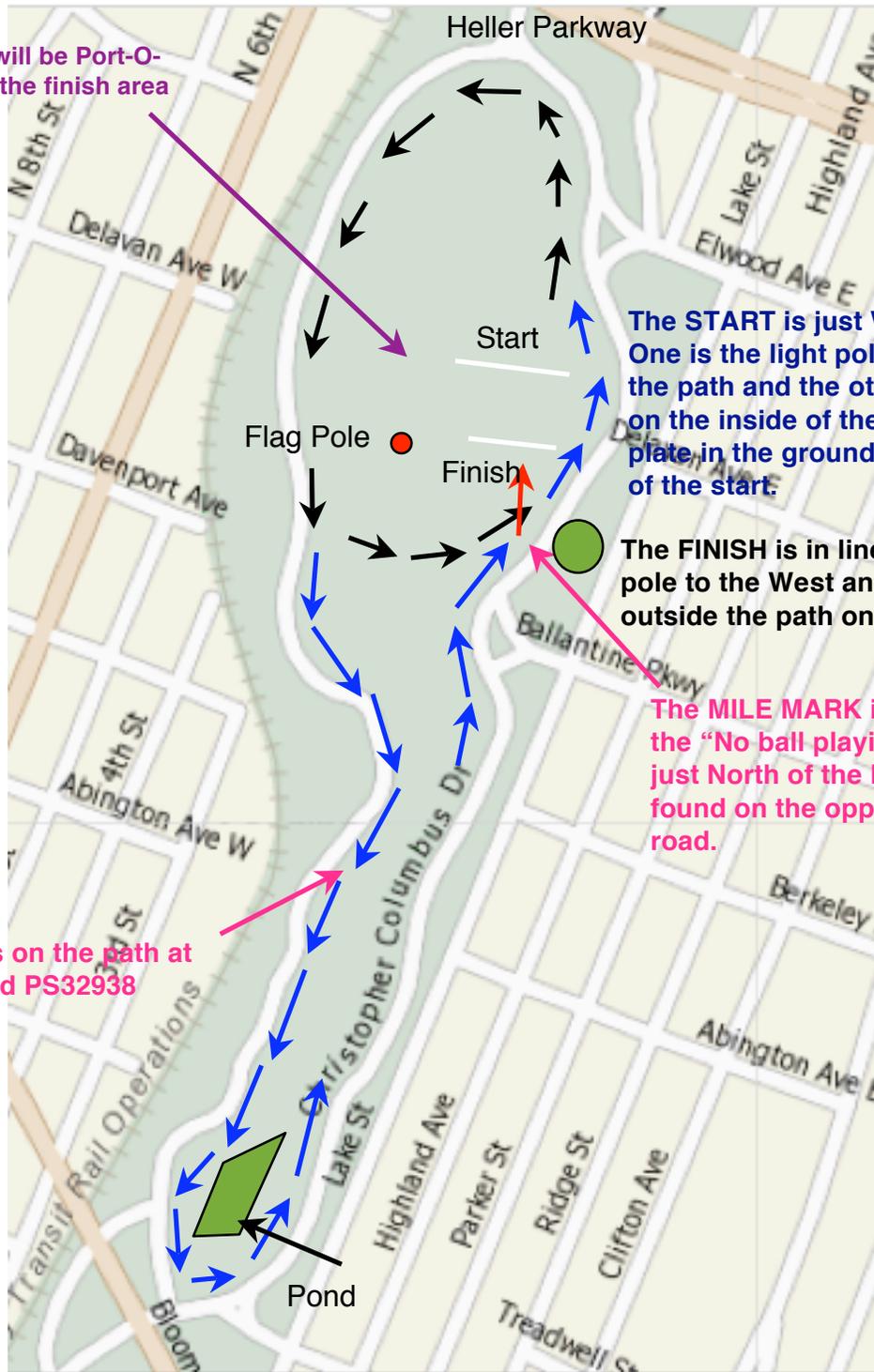


# Branch Brook Course Map For Super Essex Conference Cross Country Meets

**BATHROOMS** there will be Port-O-Johns available near the finish area



The **START** is just West of two poles. One is the light pole on the outside of the path and the other is the utility pole on the inside of the path. A flat metal plate in the ground is found just West of the start.

The **FINISH** is in line with the flag pole to the West and a light pole outside the path on the East.

The **MILE MARK** is on the path by the "No ball playing" post which is just North of the light post PS 30917 found on the opposite side of the road.

The **2 MILE MARK** is on the path at the light pole marked PS32938

A full written course description is found on the next page.

The Varsity and JV course consists of two loops. A small loop indicated by the **black arrows**. Followed by the large loop indicated by the **blue arrows**. At the end of the big loop the athletes will follow the **red arrow** and veer left into the finish at a point directly across the street from a large round evergreen shrub indicated on the map by a round **green circle**.

The Freshman course will simply be one large loop from the start to the finish (2 miles).

## Branch Brook Course Map for Super Essex Conference Cross Country Meets

### **The Course Description** (last revised on 8/28/09)

**The general area of the start and finish is East of what remains of the foundation of the old field house which is just North of the flag pole.**

The START is on the East side of the park, just West of two poles. One is a light pole on the outside of the path and the other is the utility pole on the inside of the path. The **starting line** will run East to West toward a flat metal plate in the ground on the West side of the start. The athletes will run off the little rise heading North. They will pick up the path adjacent to the road within the first one hundred yards. The athletes will then follow the path to the West side of the park where they will be heading South until they come to a path on their left, which crosses over a bridge (second bridge). The runners will proceed East onto a path that brings them back to the path on the East side of the park. The athletes will then make a left and head North on this path. The athletes are again running on the path that is just inside and adjacent to the roadway. **AT NO POINT DO THE RUNNERS CROSS ANY ROADWAYS** during their race.

The athletes continue on the path North and follow it until they once again are on the West side of the park and they are headed in a Southward direction. This time the athletes **DO NOT** cross any bridges. They simply follow the path Southward, until they reach the pond at the southern most part of the park before Bloomfield Ave. The path will lead the athletes around the pond. The pond will be to the athletes' left. As the runners round the pond, they will be heading North on the East side of the pond. The runners will be running on the path heading North with the roadway along their right side.

From this point the athletes should follow the path Northward until they reach an official who will direct them off of the path to their left and into the finish line area. The cut-in point, heading directly for the finish line, is across the street from two large evergreen shrubs that are round and table-shaped. The **finish line** will be found running East to West at a point approximately midway between the flagpole (on the West) and the electric light pole out by the street (on the East).

### **The Freshmen Course**

The Freshmen races will use the same start and finish as the JV and Varsity races. The only difference is that the Freshmen will not make any lefts off of the path that is on the West side of the park. In so doing, they will only do one large loop. The distance of the course is 2 miles. Like the JV and Varsity races, once the athletes go around the pond at the Southern most end of the course, they will head Northward on the path on the East side of the park, keeping the roadway to their right. There they reach an official who will direct them off of the path, toward the left where the finish line area is located.

### **Mile marks for the JV and Varsity Courses**

The **mile mark** is on the path by the "No ball playing" post, which is just North of the light post PS 30917, found on the opposite side of the road. This is near the cut-off point for the finish.

The **2 mile mark** is on the West side of the park on the path at the light pole marked PS32938.

The **3 mile mark** is 328 ft. before the finish, which is at the last tree on the athletes' left as they approach the finish .

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### **Some other marks that may be of interest on the courses.**

**1/4 mile mark** - is at the "Lenape Trail" park sign, alongside the path where the cars park head-on on the North end of the park (near the Heller Parkway entrance to the park).

**1/2 mile mark** - is on the West side of the park on the path at a point about 100 yards after the little stone bridge you run over where there is a single Sycamore tree to your right.

**3/4 mile mark** - is on the West side of the park on the path at the last tree on your right which is just before the point where the JV and Varsity athletes turn left to head back to the East side of the Park (the second bridge)

**Freshmen mile mark** - is on the West side of the park at the last tree on the right side of the path, just before the light post PS32934.

**Freshmen mile and 1/2 mark** - is on the East side of the park on the path at the point where the path intersects with the first path that leads across the park to the West side.

### **Some Friendly Advice**

It is highly recommended that athletes do not wear spikes. There are a number of treacherous spots on the course that could cause the athletes to twist an ankle or worse, if they are wearing spikes.

The only bathrooms near the course are in the field house at the Althea Gibson Tennis Courts across the street on Heller Parkway at the North end of the park. however, they may not be open. There will be Port-a-Potties available on site on the race days.