



COURSE DESCRIPTION

The START - is at the southwest corner of the soccer fields , in line with the very large tree stump, the starting line runs diagonally toward Watchung Ave. The runners will run northeast across the field keeping the softball field to their left (The runners will be running diagonally across the fields). Once passed the ballfield backstop, the runners will pick up a macadam path. They should bear right at the fork in the path. This path will lead the runner across the small parking lot entrance and exit. The runners will then pass another baseball backstop on their left. If they choose, runners can run next to the macadam, here, and at a point on the course. The runners will follow this macadam path all the way around the park on the inside of the road. The runners will not cross the road on the first loop. This loop will bring the runners back to the same spot where they first entered onto the macadam path the start. Here they will see that the path splits again. The runners should bear to the right once again, running to the parking lot where they will again cross the small parking lot entrance and exit. This is where they will start the second (bigger) loop of course. On this loop, the runners will follow the macadam until they reach an area adjacent to the stadium where the path allows them to make a natural right and cross the street. **(This will be marked by yellow caution tape on race day and there will be an official at this spot to direct the runners.)** After crossing the street the runners in the 5K races will follow the macadam path, which will take them between two open field areas(the one on their left is an archery field). At the end of this path the runners will come to an intersection with another path. Here they should make a left onto the path. A landmark to assure that the runners are on course, is a small fieldhouse on their left, adjacent to the archery field. About 50 yds past the small fieldhouse the path splits three ways. Take the middle path, which appears to be straight before the runners and which has a slight incline. The runners next pass tennis courts on the left. As they pass the tennis courts, there will be another larger fieldhouse on their right. As soon as the runners pass the fieldhouse, the path will fork and the runners will bear right up a slight incline again. They will cross the street and continue to follow the macadam path toward the big flag pole. As the runners pass this area, the flag pole will be to their left. Immediately past the flag pole, the runners will bear right and continue along the path, which will make a quick left, taking the runners through the wooded back areas of the park. Do not make any turns off of this path. The path sweeps to the left and then declines, placing the runners across the street from the mile mark. and the start. Do not cross the street at this point. Follow the path to the right, running parallel to the street until you reach the area **that will be marked by yellow caution tape on race day, with an official spotter present.** At this point, the runners will pick up the macadam path again. The runners will reach the fork in the path again where they must bear right. This path will take the runners across the small parking lot entrance and exit. (This is the third time here) This is where they will start the Third loop of course until they reach the finish line. The runner only runs the third loop for approximately 1/3 of a mile. As the runners approach the trees they should follow the path and bear to their left toward the track where the path forks. The runners should run onto the track straightaway. The finishline is at the end of the straightaway at a point even and opposite the southern most end of the bleacher area.

North end (Bellevue Ave) South end (Watchung Ave.)

Mile markers - (approximate)

1/2 mile - at the north end of the park on the inside loop approximately where the runners will cross the street on their second lap.

Mile - at the south end of the park on the inside loop three trees past the water fountain .

1 1/2 mile - At a point even with the football goal post (up by track) at the north end of the football field

2 mile - at the point where the runners cross the road on their way to the flagpole

2 1/2 mile - at the bottom of the hill about 75 yds beyond the fork where the runners bear right

3 mile - Once onto the third loop, approximately 75 yds beyond the infield of the ballfield that is to the runners left.