

You need to read the written description that accompanies this map to truly interpret this course map.

End of first short loop & first large loop

End of second large loop

THREE Mile Mark is at light post #2550 on the second large loop

Finish

637

Start

Cedar Grove Park

Gazebo

TWO Mile Mark is at the bench just before light post #2605 on the left, on the second big loop

The JV and Varsity course is a short loop and two big lops, following the solid white line and the dashed lines for the short loop and first big loop. On the second big loop, follow the solid line the whole way to the finish line. The finish is at the Northeast most corner of the park.

Pump House # 9

Foot bridge

Foot bridge

Small loop

Fairview Ave



ONE Mile Mark is on the first big loop at pole #2572 to the runner's right

The runners will be running the course in clockwise loops

Metal sided Foot bridge

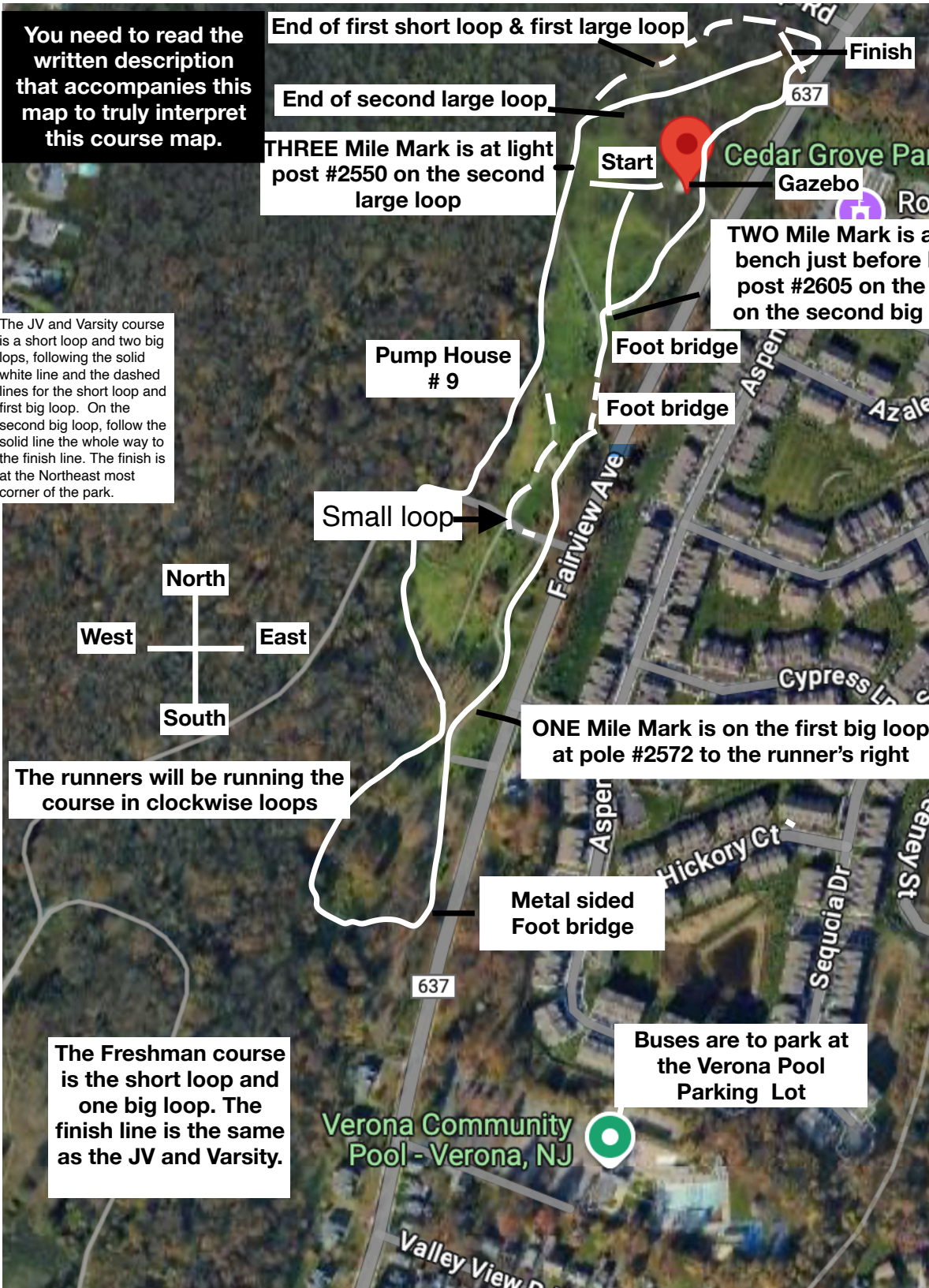
637

The Freshman course is the short loop and one big loop. The finish line is the same as the JV and Varsity.

Buses are to park at the Verona Pool Parking Lot

Verona Community Pool - Verona, NJ

Valley View Dr



The Basic Course Description for the 5000 Meter Course

The park is a long narrow park. Coaches and spectators, should be able to see the runners pass at least four times if standing anywhere in the middle between Fairview Avenue, on the East, and the forested area to the West of Fairview Avenue. The park is a little over a mile, end to end. About 70% of the course is on macadam paths and 30 % is on grass. Spikes are not recommended!

The 3.1-mile course is a small loop, followed by two large loops that run end to end in the park.

THE START – is just on the other side of gazebo, By the two oaks that are clumped together, the starting line will lay out from the trees west away from Fairview Ave. From the starting line, on the first loop, (the small loop), the runners will head up a slight uphill making a slight left by the “doggy waste pole” onto the path that takes them over the two footbridges. ***Please be advised that there is a slight curb like step up onto the first bridge.*** As they reach the point on the macadam just after the second bridge, the macadam has wide white striping, the runners will make a right onto the road that leads to the “Essex County Hilltop Reservation” sign, away from the striping. In 80 ft. the runners will make another right, where the macadam again has wide white striping. There is a wood post labelled Mile 0.8 at that point. That will put the runners on the path toward the North end of the park. On the downhill, as the runners are on the macadam path, heading north, they will make a left onto the grass by the park bench, and light post #2548 on the runners left. At that point, the runners will be directed onto the grass and they need to follow, and keep the **orange landscape flags** to their right until they reach the far Northeast corner of the park. The runners will make a right between the evergreen tree and the large 5 ft silver box near the roadway. The runners will continue to run with the **orange flags** to their right, and there will be **white landscape flags to their left** until they reach the foot bridge by the gazebo. The runners will make the left over the bridge, and pick up the macadam path. They will bear left after they cross the bridge taking the path toward the park entrance. They will then quickly bear right by the wood Mile marker labelled “0.0 .(***do not go left and exit the park***). The runners will next, bear left at the next path intersection. Light post #2506 will be on the runners left. The runners will reach the “doggy waste pole”, again, which will be on the runners right. The runners will bear left and head over the two-foot bridges again. For both “large loops” the runners should continue straight after crossing the bridges, crossing the striped macadam and continuing on the macadam path all the way to the southernmost end of the park. At the next intersection, there will be a grass triangle in the middle of the intersection, to the runners right. The runners should just continue straight, but in that triangle is light post #2572 on the right. That is the **ONE MILE MARK** on the course on the” first big loop”. *At any intersection before reaching the end of the park, the runners should stay left (in other words continue straight).* The runners should continue straight on the path toward the foot bridge with black metal railing. As the runners cross that bridge, the runners should bear right and head up the hill keeping the small 2 door brick pumphouse building to their left. As runners head up the hill they will now be heading back north on the course. As soon as the runners crest the hill, the path curves to the right and will immediately change to a downhill. The runners will pass two intersections on their right. ***DO NOT make a right at either fork!*** The runner should continue on the downhill until the reach light post #2576, and the wood pole labelled “Mile 0.6” on the right. At that point, the runners should angle to the left side of the path and enter the grassy area. The runners should stay between edge of the forest under growth on their left side, and the **orange landscape flags**, to their right, until they reach light post #2574. At that point, they will need to go left onto the macadam path for about 100 ft. At light post # 2570, and at an evergreen tree to their left, they will make a left onto the grassy area again. The runners should continue to stay between the edge of the

forest under growth on their left side, and the **Orange landscape flags** to their right. At the top of the hill the runners should continue onto a short old paved road (about 150 feet long). At the end of the road the runners will make a right at light post #2565 and angle left back onto the grass, right where the under growth allows them to enter the grassy area on the runners left. The runners will once more keep the **orange flags** to their right. The runners will pass in front of "Pump House #9" at that point the runners should be able to see light post # 2559 through the evergreen tree. The runners should keep the light post to their left as they make a left back onto the macadam path again. The runners will continue on the macadam path until they reach the downhill by the park bench for a second time, where they will again be directed to make a left onto the grass by the park bench, and light post #2548 on their left. At that point, the runners will again follow the **orange landscape flags** until they reach the far Northeast corner of the park. There the runners will make a right between the evergreen tree and the large 5 ft silver box near the roadway. That is the beginning of the second large loop.

The Second Large Loop is the same as the first large loop until the end of the loop. At the end of the second loop as the athletes approach the park bench, and light post 2548 for the third time, the runners will be directed to go right and the runners pick up the **orange coned pathway** to the finish. The runners will stay between the cones until they reach the **Finish line**, which sits diagonally keeping the clump of three oak trees to the runners left. The **TWO MILE MARK** is on the second large loop where after bearing left, just beyond the gazebo area, at light post #2506, up on the right there is a park bench on the runners right, just before light post 2605. That is the **TWO MILE MARK**. The **THREE MILE MARK** is at light post #2550 on the macadam path just West of the starting line, up by the forested area, on the way to the finish on the "second large loop"

The **Finish line** is across the bridge north of the gazebo near the northeast corner of the park.

The Freshman Course – 3000 meters

The Freshman will run one and a half loops using the same small loop and large loop the Varsity and JV races use. The Freshman will start and end at the same places the JV and Varsity races do. The **ONE MILE MARK** is at the same place as in the JV and Varsity races.