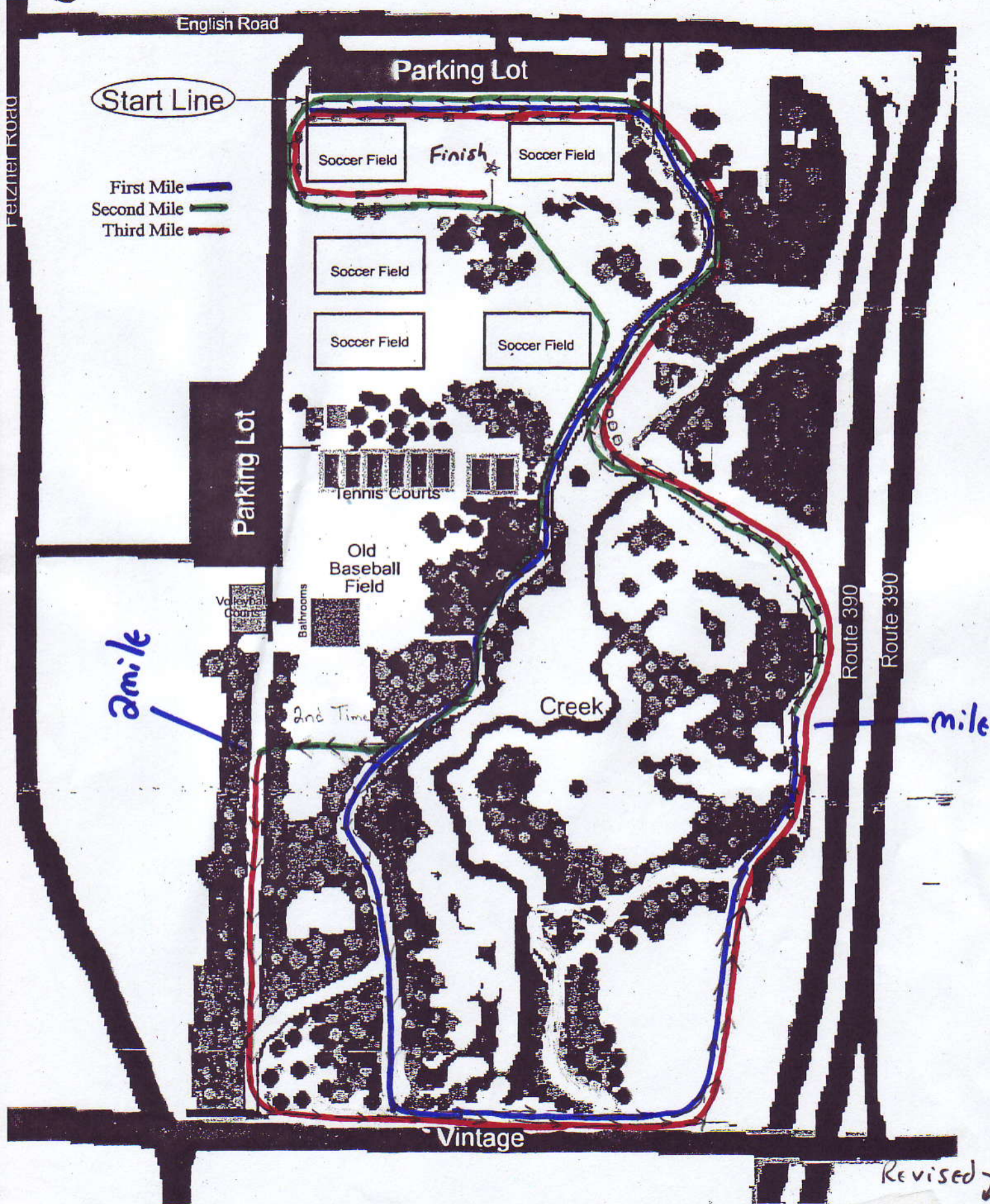


English Road Park 5k Cross Country Course



Verbal Directions for English Road - ***Basil Marella Park ***

Start next to the soccer field and run to the natural opening on the bike path...stay on the bike path for several hundred meters. Near the end of the bike path run straight on to the dirt trail (DO NOT bear right on the path at this point). After a short distance take a left on to the sidewalk along Vintage Lane. Run till end of the guard rail on the left side of the sidewalk. Make a hard left and follow the trail. At the intersection go left down the hill and take a right back up the hill. Follow the trail ...route 390 will be on your right....The trail takes a gentle left and runners need to look for a hard right and run to the RIGHT side of the small patch of forest. Look for hard left hand turn onto a trail that takes you into the small forest. As you exit the forest make a beeline for the 3rd tree from the right along the bike path. Take a right onto the bike path. Run the course in reverse back toward the start line. Take a left along the back of the soccer field, then another left along the length of the soccer field keeping a group of trees to your right. Take a gentle right around the last tree in that group. Head for the corner of the soccer field in front of you and then a gentle right along the back of the soccer field. Run on the grass making a beeline for the bike path. Repeat the loop. The finish will be located near the soccer fields adjacent to the start.