



**Varsity
Cross Country
Course
Harris-Whalen Park
5000 M**

DIRECTIONS FOR RUNNING AND SETTING UP HARRIS WHALEN PARK

Start on a line between the first light tower pole and an orange pole behind the goal posts. Run across the football field toward backstop - a cone should be set up to cause the runners to run down the third base line around the backstop. Follow the tree line - past the large tree and to the black rocks where you put a red flag. Go up the hill - turn left after you pass the last pine tree (just past the bocce courts. Follow the parking lot - go around the light post on the corner of the parking lot, and then angle towards the road. Go up the road until you come to a path by the water tower.

Follow the path by the water tower into the woods. Follow the bark trail. When you reach the clearing, turn right , go up the hill in the woods, and then turn left. Follow the trail, and when you get to the wide path, turn right and follow that path until you get out of the woods, where you will turn left and run toward the small clump of trees. Go between where there are four trees on the runners right and two trees on the runner's left (good place for cones or a yellow flag at the first tree.) Go across the field, past the big tree, to the backstop, and then follow the swail at its base. As you near the road, cut up to a narrow path between the small tree and pine trees, crossing the road to the left of the mailboxes (new this year).

Continue across the road, in the drainage area , past the school (watch out for the drain cover) out to the end of the school ground. Place a yellow flag at a point where there is a right angle between the 2nd pine tree and the telephone pole with the white mark on it . There is also a faded arrow on the pole. Go up the hill (put a blue flag on the hill, to a point where you will place another yellow flag at a point where the 1st pine tree left of the sidewalk and a line from the 2nd pine tree from the tree fort . go towards the small clump of trees, keeping them to the runners' right. Go past the sandboxes and swing sets, then angle towards the two big pine trees by the road. Go between the trees, turning left towards the stop sign, where you will go up the hill, back into the woods. Repeat the loop in the woods, and out into the clearing where you will go through the same clump of trees as earlier, and then you will continue to the big tree.

At the big tree this time, bear right and go back up the hill. Place a red flag at the top of the hill, in line with the big tree and the corner of the basketball court at the bottom of the hill. Turn left at the flag, and go down the hill, going between the basketball courts and the softball field. Continue past the finish line, and towards the back stop. When you around the backstop, angle towards the other backstop, go behind it, towards the corner of the fence. At the fence, turn right, go to the next opening, turn right, run along the sideline of the football field. The finish line is in line with the turn at the end of the field, and even with the white pole that sits by itself at the end of the field.