



**VARSIY
CROSS COUNTRY
COURSE
MENDON PONDS WEST
3 MILES**

Course Route - ———→
Other Trails - - - - -

Mendon Ponds West Course Directions

The Start and Finish for the course are located off of Hopkins Point Road in the “Boy Scout Area”, (with the flag pole atop the hill). The start is in line with a water spout found at the bottom of the “flag pole” hill. The start should be moved out a bit from the water spout and into the field to provide the runners with a better angle going into their first turn, (marked with a double red/yellow flag). The runners head toward the last tree before a utility pole (with a support cable) and take a right hand turn around it and out across Hopkins Point Road. Immediately after crossing the road, the runners take another right hand turn, (marked with a yellow flag), around a tree almost directly opposite the first tree. The runners now run across a grassy expanse, making a beeline for the opening between two large cotton wood trees. Staying to the right of the poplar on the left, the runners take a left hand turn out onto the road heading toward Hopkins Point. The runners will remain on the left hand side of the road and head toward a pond side pavilion. As the runners approach the pavilion, they will pass between a fire hydrant and a tree located just to the left of a parking lot. They will then keep the pavilion to their left and head toward a yellow flag, (located to the left and just beyond a “new” fir tree), take a gentle right hand turn and run along side the pond for a short distance. The runners will be forced to take a right hand turn onto a trail alongside the pond, (There use to be a cooking grill to go around, but it is now gone. It may be a good idea to put a yellow flag where the grill used to exist, even though the turn is obvious.). The runners travel down the trail for no more than a couple hundred yards when they must take a left, thereby keeping them on the pond side trail. Staying on the trail for several hundred yards, the runners should look for a yellow flag to make a right hand turn up Cardiac Hill. Once beyond Cardiac, the runners will travel down a trail atop the esker until a fork in the trail. The runners will take the right hand trail, which will lead them down into “Grand Junction” or “Grand Central”, an area where several trails converge. At the bottom of the hill, the runners will take a slight jog to the left, then continue straight down a trail and through an open* gate. Once past the gate, the runners will travel down a grassy hill, which will take them toward the road. They will head slightly to the left for the corner of trees and brush by the road, and take a left hand turn onto the road. After a very short distance on the road, the runners will take a left hand turn onto a trail, which passes a small pond on the left. The runners will travel down this trail until they hit a fork, and they will turn left up a trail that begins to take them up Coronary Hill. The Trail will head back to “Grand Junction”, and the runners will take their first hard right, which will continue to take them up Coronary Hill. This trail will end at the trail atop the esker, where the runners will take a right and make their final ascent of Coronary Hill. The runners will stay on this trail for several hundred yards until it ends. They will pass by a gate and cross a grassy area, heading for the trees and brush bordering Hopkins Point Road to the right. The runners will turn right onto the road, (it may be a good idea to place a yellow flag along side the brush near the road), and head back toward the “Boy Scout Area”. The runners will crest a small hill and come to a fork in the road, where they will continue straight. Shortly thereafter, they will turn left to go between the two large cotton wood trees and head towards a red flag. (This red flag should be placed opposite two trees beside Hopkins Point Road, and within 15 feet of the tall grass). Taking a left around the flag, they will head straight down the field, keeping the big bush just to their left and heading for another red flag. (This second red flag should be located in line with the first red flag and big bush and adjacent to a bird house located on the right in the tall grass). After taking a left around the second red flag, the runners will head for the same two trees used at the beginning of the course to cross Hopkins Point Road. Taking a left around the second tree, the runners make a beeline for the finish chute atop the hill at the far end of the field. The finish chute uses the flag pole as the left side of the finish line as the runners approach it.

* The host school coach should call the Park Office and check to see that the gate at this juncture is opened for the afternoon of the meet.