



High School Course (5k)

Red: Mile 1

Gray: Mile 2

Blue: Mile 3

Description:

The start is on the gravel path in between the soccer fields. At the end of that path, take a left onto a gravel path and run past the playground and then into the woods. This is the “North Trail” – you take a left on the North Trail and stay on this as you run counter-clockwise around the island. The 1 mile mark is at a tree before the path goes under the road. As you continue under the road and continue straight, you are now on the “South Trail”. Continue to run around the main perimeter of the island in a counter-clockwise direction. When you come out of the woods, you continue to run straight across the road (the boat ramp) and then will turn back into the “North Trail” again at the same spot where you went in the first time. As you go under the bridge, you have hit the 2nd mile mark. Continue to run on the North Trail and take the second path in to the soccer fields (if you are thinking of the island as a clock, this is about 11:00 on the clock-face). You will hit a “gravel path” – continue clockwise on the gravel path to the finish.

“Frequently” Asked Questions:

- 1) “When I’m on the North or the South Trail, does it matter if I stay on the worn trail?”

No: the course is measured using the tangents – you can’t go “into the woods”, but anywhere on that path is fine

- 2) “Should I wear spikes?”

Sure. The only hard surface is in the last mile when the course goes on to the “gravel path” which is actually paved for about 20 yards

- 3) “Are there bathrooms or water fountains?”

Yes and No. There are bathroom facilities, but the water fountain has been turned off for COVID reasons

- 4) “Where is the trash can?”

There isn’t one – the State Park is a “bring it in, bring it out” park. Please take your trash with you.

- 5) Where is the 3rd mile mark?

Near the playground as you make the last turn to the finish



MS Course (3K)

Red: First mile

Blue: Finish

Description: Start between the soccer fields, running South. At the end of the path, turn left and run past the playground, into the woods. Turn left – you are now on the “North Trail”. Run around the north trail and then continue straight under the bridge. The mile mark is before you go under the bridge. Under the bridge, you will turn left and go along the tree line basically the whole way across the island. Then you turn left, cross the road and run the the “Gravel Path” counter-clockwise. The finish is by the bathrooms.