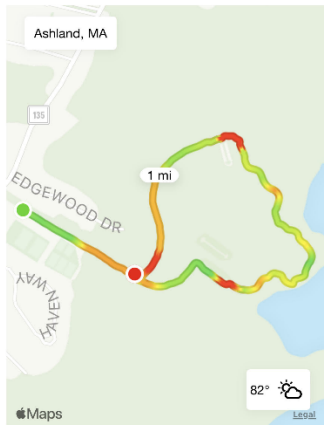




Course Overview

Ashland State Park
156 West Union Street
Ashland MA, 01721

Coach Sharon Ames



Start Line

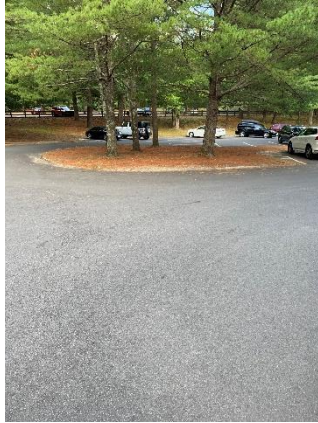
Outside Ashland State Park on the road into the park.



.23 Miles

Gazebo

Stay Right and continue up a short hill on pavement.



.35 Miles

Parking lot

Turn right when entering the parking lot and proceed down a slight grade toward the beach area.



.41 Miles

Enter through the yellow traffic gate and follow the road.



.43 Miles

Continue on the paved road, toward the beach area.



.45 Miles

Bear left staying on the paved path with the beach on your right. Looking for green handrails that will be coming up on your right.



.50 Miles

Continue between the green handrails, staying on the pavement. The water will be on your right.



.53 Miles

Turn left, look for the blue Ashland XC signs to proceed into the woods. The path will be marked with blue Ashland XC signs



.66 Miles

Bear right and continue up a short hill. This turn will be marked with blue Ashland XC signs.



.72 Miles

Bear left and continue on the path, following the blue Ashland XC signs.



.79 Miles (Pavilion)

Continue straight on this path, do not turn toward the parking lot or the pavilion.



.86 Miles

The path becomes a paved road, continue straight on the paved road.



1 Mile

Marked with orange cone and blue Ashland XC sign



1.17 Miles

Loop 1 is completed.

Bear left, keeping the gazebo on your right and up the hill for the next loop.

Each loop is .94 miles

Runners numbers will be noted at the end of three loops will equal 3.05 miles at the stop line by the gazebo.