

HERO 5K

Paramus, NJ

Red Arrows = 1st Loop
 Turquoise = After 1st Loop



USATF Certificate
 NJ22024JLW
 Effective: 05/24/2022
 Through: 12/31/2032

Course Detail- Start running SW on Odabash Way, then follow it as it curves NW, staying right at the circle at the entrance to the college from Paramus Rd. Follow the circle counterclockwise then turn right onto the road for Orchard Hills Golf Course (at the NW corner of the circle) and right again to merge onto the paved path heading east. Follow the paved path through the golf course, then turn right back onto Odabash after the gate to exit the path. Pass the start/finish line. Repeat the first stretch of the course out to the circle, this time running counterclockwise around it, then merging onto the southbound/inbound (western) lane of Odabash. Head back SE on Odabash Way and follow it to the finish.



Bergen Community College

START/FINISH- N 40.946930 / W 74.085028
 Both located at a single point on Odabash Way next to Parking Lot C / D1. Even with the seam/crack in the curb on the NW side of the street that is 2'6" SW of the tree with the yellow survey marker between Odabash Way and the parking lot. Marked with paint and PK Nail. See detail photo.

- Mile 1-** N 40.953487 / W 74.088552 / On the golf course path just before (SW of) the top of the hill (where the small brown gazebo is located). After (NE of) the red and yellow tees, but before (SW of) the white tees for Hole 7. 3'6" before (SW of) the rock in the ground on the N side of path.
- Mile 2-** N 40.948376 / W 74.088993 / On Odabash Way, midway between the two parking lot exits for Lot B / O16
- Mile 3-** N 40.947245 / W 74.086953 / On Odabash Way on top of the speed bump between Lot C / E5 & E6 just before (NW of) where the road curves.

START/FINISH



Measured by Matthew Slocum / 23 May 2022 / precisioncoursedesign@gmail.com
 Except as noted in course restrictions, this course was measured using the full width of the road/path and the shortest possible route. Map not to scale.