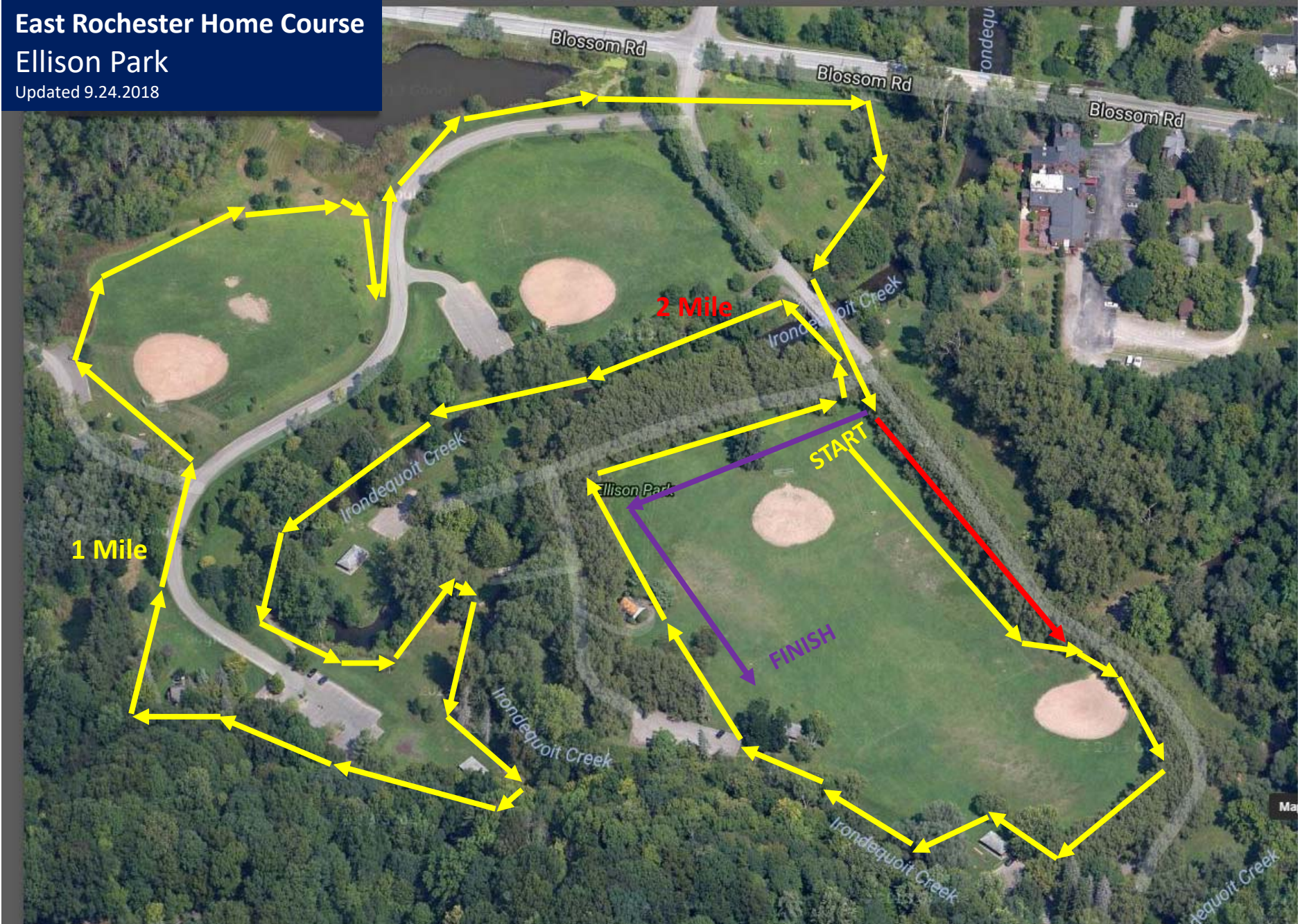
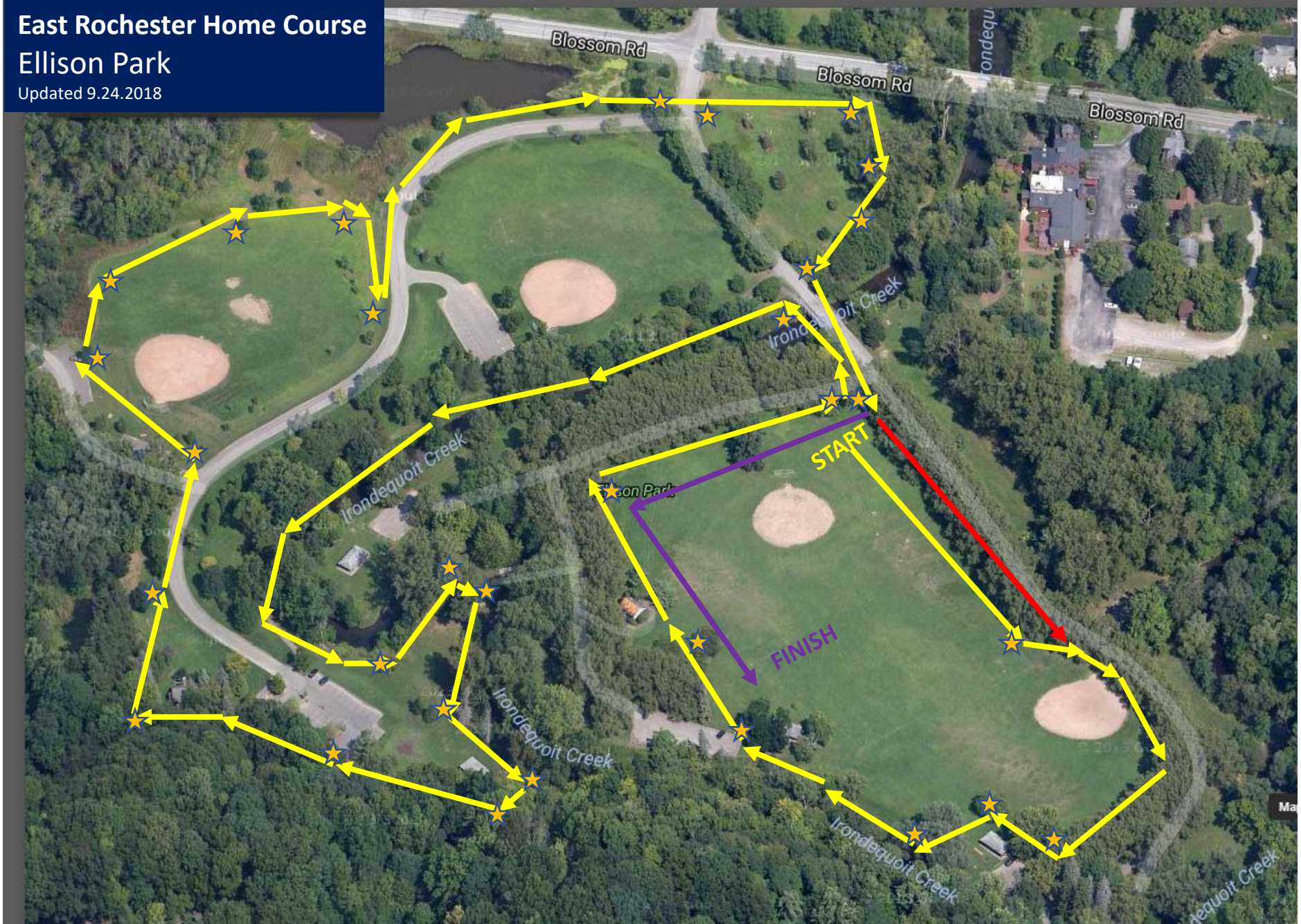


**East Rochester Home Course**  
**Ellison Park**  
Updated 9.24.2018



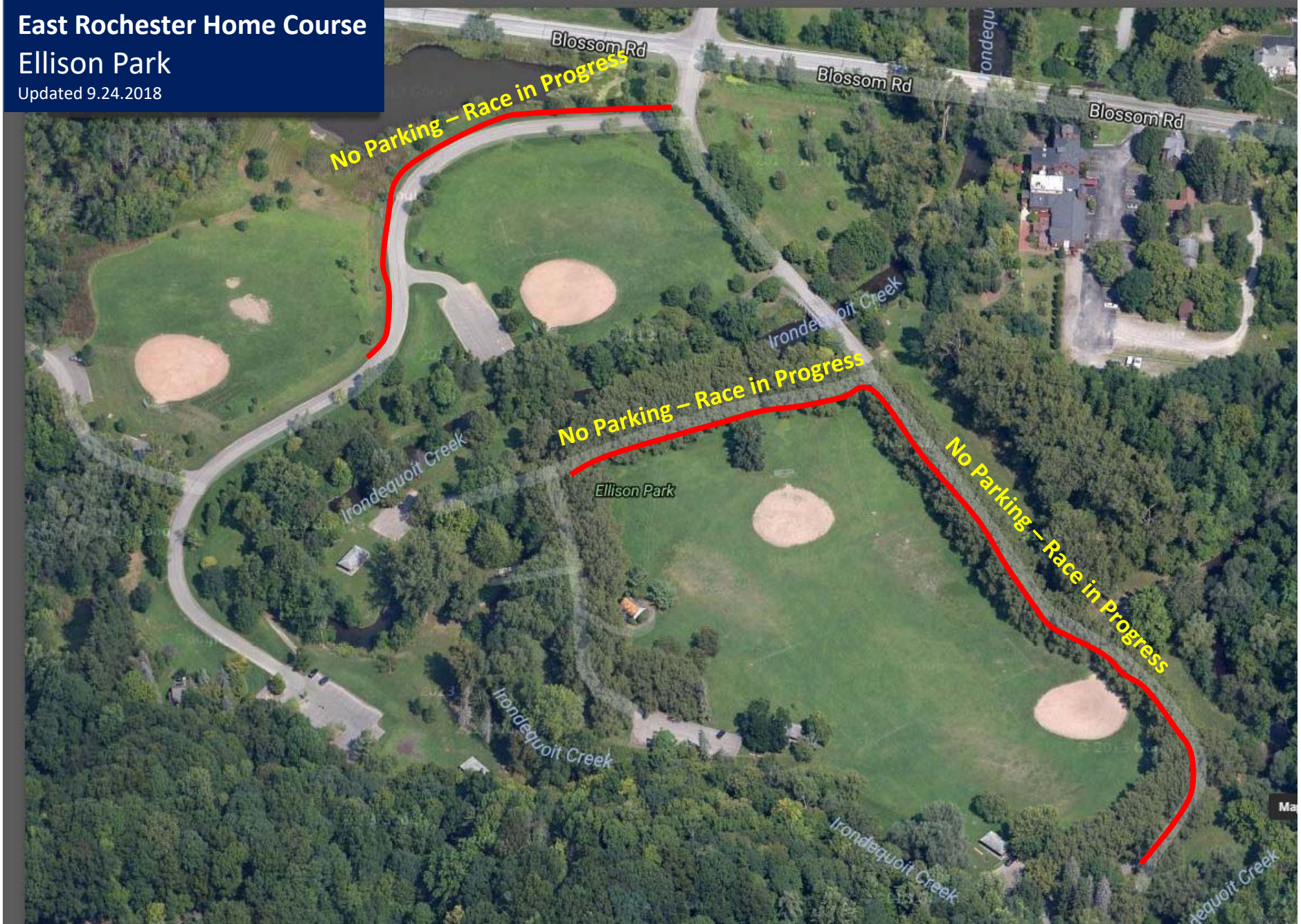
# East Rochester Home Course Ellison Park

Updated 9.24.2018



**East Rochester Home Course  
Ellison Park**

Updated 9.24.2018



## Cross Country Course for East Rochester H.S.

- 5K (3.1 Miles)
- We request “No Parking” on the road sides where the runners will be between the tree line and the road
- ER will provide volunteers to monitor course where it crosses the roads and bridge
- Only spray chalk (not paint), flags and cones will be use to mark course
- 2 loop course
  - 1<sup>st</sup> loop is all YELLOW
  - 2<sup>nd</sup> loop begins with RED and follows YELLOW
  - Finish line is PURPLE
  - Does NOT cross or impede with ball fields
  - Course follows:
    - Tree line between trees and roads
    - Tree line around Irondequoit Creek
    - Contour of the parks perimeter