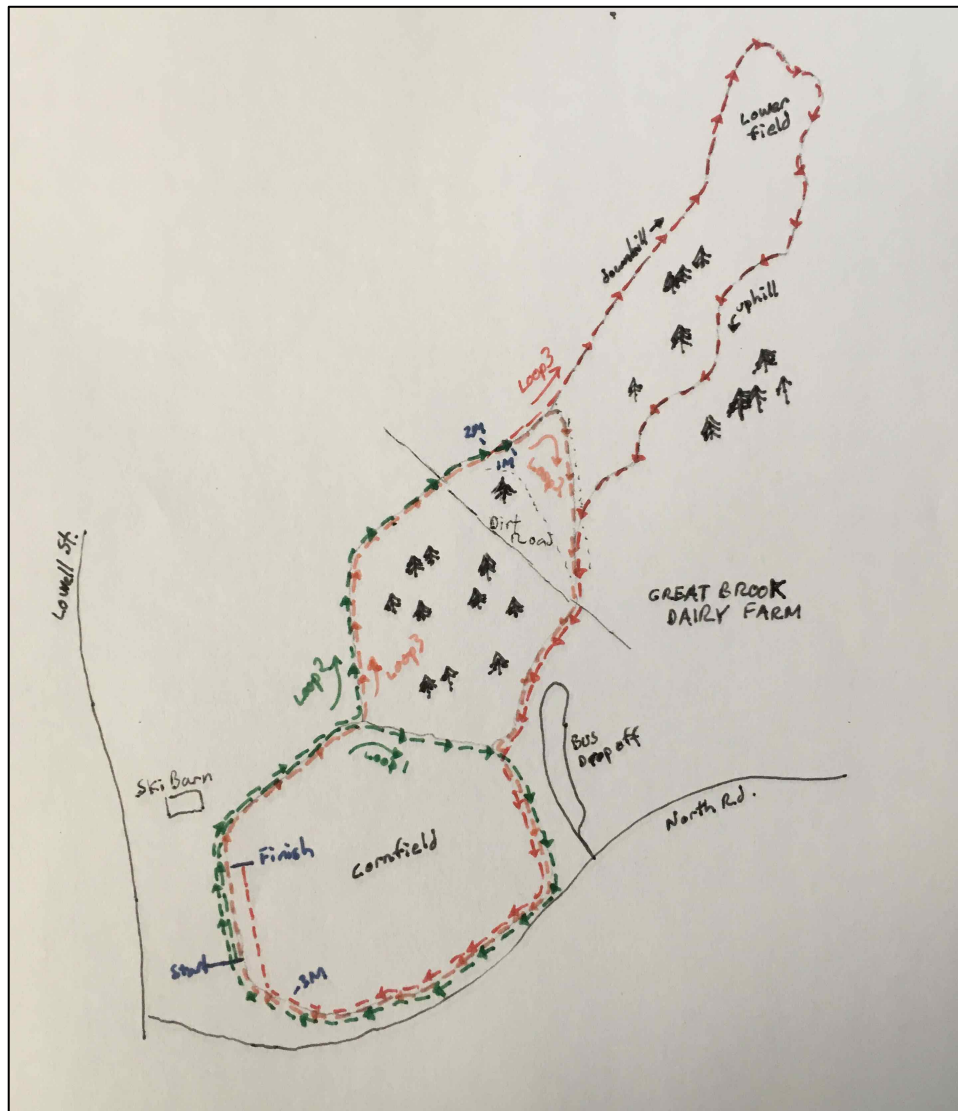


GREAT BROOK STATE PARK – *NEW* 5K Cross-Country Course

Updated 9/30/18



Start/Loop 1 (~1.0K) – Start at the South end of the field near the Ski Barn. Cross the field (~140m) and then bear RIGHT onto a hard-packed dirt road, and then right again to the edge of the parking area/Bus drop-off area. Follow the edge of the cornfield, and then turn right again onto a trail that takes you back to the first field and the start/finish area.

Loop 2 (~1.6K) – After passing the finish area, continue bearing right onto the dirt road as in Loop 1, but after ~150m, turn LEFT through a wide opening in the stone wall. Follow the grass trail along the West edge of the woods, crossing a dirt road into a small field. At the North corner of the field, make a sharp right turn and continue for ~75 meters to a three-way intersection of dirt roads. Proceed straight and then slightly right onto a dirt road that takes you back to the field adjacent to the Bus Drop-off area where runners take a sharp left turn to join with Loop 1. The final ~600 meters of Loop 2 is identical to the end of Loop 1.

Loop 3 (~2.4K) – The first ~500m of Loop 3 is the same as Loop 2. When runners reach the small field, instead of turning right at the North corner of the field, they bear LEFT down a slight hill through woods to a lower field. The course circles the lower field, then re-enters the woods at a different trail, which leads back uphill over several rugged ups and downs back to the small field where Loop 3 intersects with Loop 2. The final 700m is the same as Loop 2 except for the final 120 meters into the chute.

Course is spike-friendly with no pavement, but several hundred meters of hard-packed dirt/gravel roads.