

HARKNESS MEMORIAL STATE PARK CROSS COUNTRY COURSES

6000 meter course **Record: 21:20, Jennifer Adams, Keene, 2007**

Start on the wide grass lawn west of the mansion. Head very gently down toward Long Island Sound. Bear left at about 300m as the course narrows to parallel the water. Turn left in front of the fence beside the Rec Area. Follow the fence, turning right at about 600m onto the dirt road. Bear gently left along the dirt road at the east end of the fence and then turn harder left back onto the grass just before the hedgerow. Proceed gently uphill along the hedgerow to **1000 meters** at the manhole cover at the west end. Turn hard right around the end of the hedgerow and follow the perimeter of the field loop counterclockwise. Continue onto the crushed stone path at the end of the field loop, then bear right and head gently uphill toward the carriage house. Pass the **ONE MILE** mark 13 meters before you reach the corner of the building. After passing the building, cross the paved oval and bear right around the large tree. Proceed on the grass along the row of large trees to the north end of the oval. Bear left, cross the oval again, and go through the gate. Bear gently to the right after the gate and then gently left to parallel the edge of the taller grass. Pass **2000 meters** just 7 meters after crossing the park entrance road. Continue to run parallel to the edge of the taller grass, turning left at the corner of the field. Reach the corner of the parking lot and turn right, heading downhill toward the marsh. Turn left just before the marsh trail, run south between the large trees, and proceed onto the dirt road. Continue along the dirt road beyond intersection with the beach path and sweep left onto the grass (by the bathrooms) to cross the start area. Run through the opening in the trees and turn left to re-cross the start area. Turn right onto the dirt road and pass the west end of the start line, then bear right back onto the grass. Pass **3000 meters** right between the two smaller trees just as you leave the dirt road. Cross the oval and bear right around the fire hydrant, then cross the oval again at the **TWO MILE** mark and proceed onto the crushed stone path. Proceed gently downhill past the carriage house. Bear left to follow the perimeter of the field loop clockwise. At the end of the field loop, bear left around the west end of the hedgerow and proceed gently downhill along the south side to the east end, passing **4000 meters** just 25 meters before reaching the dirt road. Bear right onto the dirt road, then gently right again to parallel the fence. After turning left at the fence corner, continue on the grass along the fence toward the water. Bear right to run parallel to the water until the course swings to the right onto the dirt road. Continue straight to the end of the dirt road, passing the **THREE MILE** mark just 25 meters before the intersection with the beach path and **5000 meters** just 35 meters before reaching the stand of large trees. Then run north between the large trees, bear right and head uphill toward the corner of the parking lot. Turn left to parallel the edge of the taller grass and then turn right at the north end of

the field. Cross the park entrance road, bear gently to the right and then left through the gate. Cross the paved oval back onto the grass and continue straight ahead to the east side of the oval. Bear right and head to the south end of the oval. **DIVERGE FROM THE 8k COURSE HERE, AT 5700 METERS.** Bear right here and then left between the small tree and the fire hydrant to cross the oval one final time. Head between the mansion and a very large tree and run gently downhill to the finish line 108 meters beyond.

8000 meter course Record: 24:55, Edgar Kosgey, Williams, 2007

Follow the 6k course in its entirety to the point noted in the description above (5700 meters). Then instead of turning right, bear left around the large tree and cross the oval onto the crushed stone path. Go gently downhill past the carriage house and bear left at the bottom. Follow the perimeter of the field loop clockwise to the northeast corner and turn left onto the grass path, reaching **6000 meters** as you enter this path. Turn right at the north end of the path and run south along the paved road or on the grass surface next to the road. Bear right through the opening in the trees to rejoin the eastern side of the field loop. Pass the **FOUR MILE** mark just 55 meters before crossing the gravel road, then proceed gently back uphill along the north side of the hedgerow. Bear hard left around the end of the hedgerow and head back along the other side to the east. Bear right onto the dirt road, gently right again to parallel the fence and pass **7000 meters** just 15 meters before the corner of the fence. After turning left at the corner, continue along the fence toward the water. Bear right and run parallel to the water until the course swings to the right onto the dirt road. Continue along the dirt road until sweeping to the right opposite the beach path. Pass the west end of the start line and then bear right back onto the grass between the two smaller trees. Bear right again and re-join the 6k course for the finish. Run between the mansion and a very large tree and continue gently downhill to the finish line 108 meters beyond the tree.