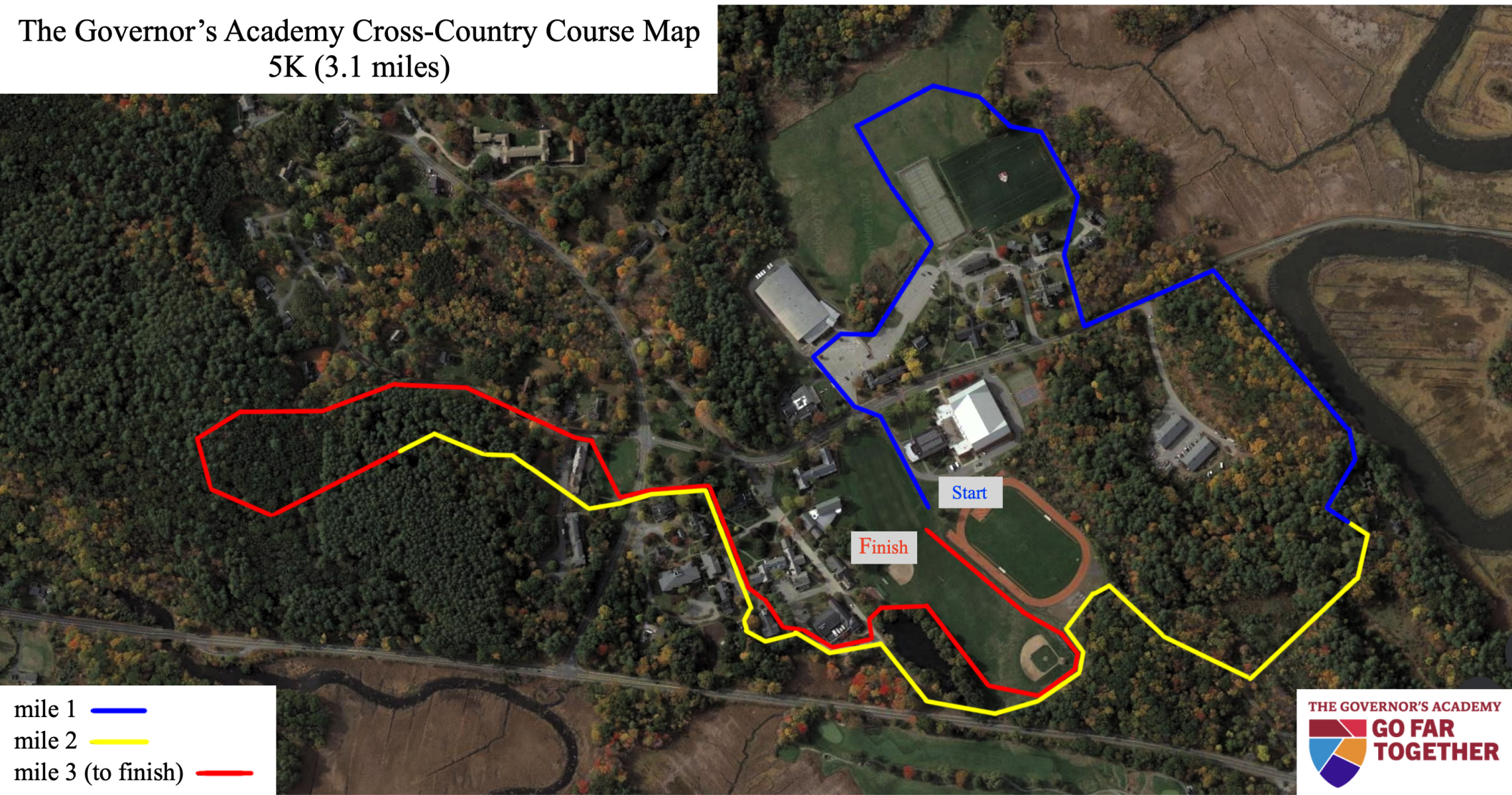


The Governor's Academy Cross-Country Course Map
5K (3.1 miles)



THE GOVERNOR'S ACADEMY CROSS-COUNTRY COURSE DESCRIPTION – 2021

This is a hand-wheeled 5K (3.1 mile) course. It is a rather challenging course because of the varying terrain, turns and hills. Spikes may be used. The first four kilometers are marked, as well as the mile and halfway. The course records are another indication of its difficulty:

High School Records: 16:18 M. Hatch--Thayer Academy 1982 (male) 18:22 C. Bierbaum--Groton School 2000 (female)
Governor's Academy School Records: 16:41 A. Huebner 2005 (male) 18:54 K. Thomas 2006 (female)

The course begins on the upper field behind the gym (just off the track straightaway). The course proceeds west, accesses the road in front of the gym, bears left at the end of this road, and crosses Middle Rd. Staying on the paved driveway, follow it to the front of the rink and take a hard right, run along the front of the rink and take a right (keep cones on your right) onto grass. The grass strip along the parking lot becomes pavement and then turns left at a white post/fence. The course becomes grass again, keeping the tennis courts on the right. It then goes through a blue gate and runs straight between the end lines of two soccer fields. Just past the corner of the soccer field, it turns right onto a practice soccer field and runs its length. It then gently turns right onto a short, tree-shaded dirt road, then turns left and goes across the corner of the turf field, then turns right and runs outside the netting along the turf field. Next it goes up a short hill, passes through a gate of trees, and aims diagonally across the lawn to the dirt road along Doggett Dorm-(**1K mark**). Then it takes a left onto Middle Road (can run on left shoulder w/ spikes) then a right through white posts and follows a wooded gravel path full of roots along the Parker River, **turns right** after crossing a log & stone wall, goes straight and then left up and down a short, steep hill (**1 mile mark**), then continues onto a dirt/gravel road (downhill) which turns right onto a shaded dirt road (**2K mark**) and leads to the track. At the end of this road it goes left before reaching the track and keeps the batting cages on the right. The course turns left behind the baseball dugout and goes between bleachers on the left and backstop/fence on the right. It then runs up a small hill through a blue gate behind the other baseball dugout, goes through another blue gate, and stays to the left keeping the pond on the right. This becomes a dirt road, at the end of which the course turns left through a white gate, crosses behind the Wilkie Center (performing arts) (**2.5K/1.55 mile mark**). It goes through the parking lot, stays left behind the chapel (uphill), circles around it to the right through a gate and aims for the quad. It shoots straight across the quad (grass or pavement), up a short drive way and onto Mansion House lawn, bears left around a lilac bush, tree & light pole, crosses the covered bridge (stay to left), and goes down and then up big hills between two brick dormitories (**3K mark**). The course then continues to rise on a wooded path, levels, then goes downhill (**2 mile mark**), takes a left (ropes course), levels and then rises again, turns right at the top of a hill, runs on a wooded path, and goes right over a stone wall, and finally starts to descend on a gravel/dirt trail. Coming out of the woods, it picks up an asphalt road, (run either on road or grass shoulder on right side), curves hard right over a small grassy hill at the west end of Ingham Dorm, runs across the lawn (**4K mark**) and aims for the covered bridge (uphill), crosses it, (stay to left), bears right around a tree, bush & light pole, crosses the quad (grass or pavement), and aims for the back left of the chapel. There it takes a diagonal left down a short steep hill to the parking lot (behind Wilkie Center again), and curves left behind and around the eastern end of this building, then goes right along the edge of the pond (playground on the left), runs parallel to the sideline of a soccer field, and takes a sharp left beyond the SE corner of a varsity soccer field, goes through two blue gates, behind the dugouts and backstop (as before) and aims straight through one last blue gate for the finish line at the oak tree, near the gym, on the southwest side of the track.

Course markings:

- Stakes-**
blue: run on either side, except **through** 2 blues forming a gate.
red: run left, keeping the stake on your left side.
yellow: run right, keeping the stake on your right side.
**some stakes are painted two different colors to note turns from opposite directions. Gray is a neutral color and is meant to be ignored as a course making when viewed from its perspective.
- Line-** a painted line guides runners through the tricky areas. Run on or near the line.
- Wooded paths-** raking will expose the path, stones, and roots.
- Run to the outside of **all lined playing fields**.
- A wrong turn or move must be retraced exactly to its point of origin, then the correct turn must be executed, or a DQ will result.
- Stay to left both times crossing bridge.
- It takes about 75 min. to walk the course. Please call if you'll be late for the tour.
- Teams should be at finish line 10 min. before race time.