

Central Park Course Breakdown				
Start of Mile 1	Mile 1	Overall		
Start	0	0		
First blacktop crossing	200	200		
Second blacktop crossing	300	300		
On blacktop path	321	321		
On grass near hairpin turn	520	520		
Hairpin Turn	543	543		
Little dip	706	706		
Off grass back on blacktop	778	778		
1/2 Mile	804	804	26 meters off grass	
Green Gate	848	848	Shipleigh Nature Center	
Top of Turn(water fountain	894	894		
City of HB regulation sign	1021	1021		
Fork in road on course	1054	1054		
Entry sidewalk by bench	1148	1148		
Sharp left onto grass	1317	1317		
Off grass back on blacktop	1371	1371		
Lake	1460	1460		
Off blacktop onto dirt	1581	1581	Lots of roots	
1 mile	1609	1609	28 meters on the dirt-bench on right	
Start of Mile 2	Mile 2	Overall		
Short S turn on blacktop	104	1713		
Off blacktop left turn	220	1829	Toward hill	
White fence, Giant Rock	264	1873	Start of hill loop	
Bottom of Hill	271	1880		
Top of Hill	381	1990		
Fork on road, stay right	434	2043		
Keep Right	469	2078		
Top of Downhill, Back of loop	609	2218		
Bottom of downhill-keep right	759	2368		
1.5 Miles 35 meters past bottom	804	2413		

Return to White Gate	900	2509		
Keep left off dirt onto blacktop	957	957		
Fork in road, stay left	985	2594	Start of loop	
Playground Path	1052	2661		
Fork in road, stay right	1282	2891		
Fork in road, stay left	1365	2974	Past bathroom	
End of loop, stay left	1391	3000		
Back to Small S turns	1523	3132		
2 Mile Mark	1609	3218	22 meters past bench	
Start of Mile 3	Mile 3	Overall		
Past 1 mile mark on way back	69	3287		
Off grass onto dirt along lake	97	3315		
Off Dirt onto Blacktop	207	3425		
Off Blacktop onto grass	310	3528		
Off Grass back on blacktop	364	3582	Keep right	
Fork in road, stay right	598	3816		
Water fountain top of turn	786	4004		
2.5 Miles	804	4022	27 meters before green gate	
Green Gate	831	4049		<u>To Go</u>
Off asphalt onto grass	903	4121	Past 1/2 mile mark	739
Dip on way back	974	4192		668
Top of Hairpin heading home	1139	4357		503
Off grass back on blacktop	1161	4379		481
4 Suns on Fenc of white house	1228	4446	400+ to go	414
Fork on road, stay right	1307	4525		335
Off blacktop onto grass	1363	4581		279
Back on Blacktop	1437	4655		205
Across blacktop straight to finish	1473	4691		169
Giant Tree on grass	1502	4720		140
Start of Finish Chute	1572	4790		70
Finish Line	1642	4860	3.02	