

Wayland High School Cross Country Course Description

Overview:

The Wayland High School cross country course is an out and back layout that's 2.78 miles in length. It starts and ends around the outside edge of various playing fields. It also extends into the woods behind the school and up onto the surface of the Weston Aqueduct, which is a buried water pipe that presents as a flat straight path at the top of a ridge. Overall the course is mostly grass, with a brief stretch on pavement and a section on dirt trails.

On race day there will be cones at every turn, either 1 or 3 feet tall. The course will also be marked with many small red flags in some places to indicate the line of the course. There are directional signs placed at major turns and arrows painted on the ground as well.

For the rest of the description it's best to have the course map available as a reference. Note that this description refers to the various cardinal directions--North, South, East, West, etc. There's a North arrow on the printer-friendly version of the course map.

Start/Practice Field loop:

The course starts in the south side of the large athletic field area that's located to the north of the football field area. Runners begin by heading east up a small hill, quickly reaching the southeast corner of the field. At the top of the hill there are two metal poles; take a left around the one with a cone on top of it. Proceed downhill towards the baseball field. At the bottom of the hill stay to the right of the baseball field fence (outside the fence). As you go around the baseball fence you'll pass the 400 meter mark of the course. Upon emerging from behind the baseball fence, head for a large cone at the edge of an overgrown section of tall grass.. Take a right around the large cone and head to another large cone in the far corner of the practice field. Proceed south along the edge of the field. At the southwest corner of the field, take a right and head on to the connector path.

Connector path:

Continue south along the connector path which links the practice field area and the softball field/JV soccer field area.

JV soccer field to Storage sheds:

Upon exiting the connector path take a right at the cone and head toward the northwest corner of the JV soccer field. Continue around the perimeter of the soccer field, staying outside the lines of the soccer field. At the southeast corner of the JV soccer field, take a left and pick up the line of small red flags. Follow the flags up a small bump next to the softball field. Continue along the fence just outside the first base side of the softball field. Take a right and then quickly another right as you run behind the visiting (south) bleachers. Take a left at the next cone on to a dirt path that will lead you towards wooden storage sheds.

Storage Sheds to the woods behind the school:

Follow the flags past the sheds. You can pass on either side of the sheds, in front or behind them. Beyond the sheds, continue past the North building of WHS, keeping it on your left. Continue following the flags keeping the South Building of WHS on your left as well. Note

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there's a sidewalk in this area, which you can run on if you like but you don't have to. Follow the flags in a southeasterly direction to the back corner of the south building where you will see a cone. Take a right at the cone into the woods.

Woods path up the hill and the Weston Aqueduct:

Head west along the path in the woods. There are various side trails which will be blocked off with green tape. Proceed uphill to a small clearing just below the top of the hill. Continue uphill a short way more to the very top of the hill. At the top of the hill take a left on to the aqueduct. Continue along the aqueduct until reaching a cone that's a few meters in front of a stone building (which is a pumphouse). Take a 180 degree turn at this cone and head back the way you came. Note that there will be two way traffic along this stretch of the aqueduct, and you must stay to the left. Continue following the aqueduct heading west, and exit the aqueduct at a cone next to a trail heading off to the right. This is a sharp right turn. Be careful descending the trail that will take you down off the aqueduct. The trail you take down off the aqueduct is NOT the same trail you run up to reach the aqueduct.

"Million Dollar Road" back to the sheds:

The path leading down off the aqueduct emerges onto a paved road. Follow this road downhill; the paved road will become a gravel road and pass through an open gate. There will be a soccer field on your right as you head down the road. At the bottom of the hill, follow the dirt road until you reach the storage sheds which you have passed by previously. The sheds you passed by earlier will now be on your right.

JV soccer field back to the connector path:

At the bottom of the hill near the sheds take a left at the cone. From here you will be retracing your steps back to the start/finish line. Head back through the area behind the visiting bleachers, past the softball field, and on to the JV soccer field. Keep the cones at each corner of the soccer field on your right as you run around this field in a clockwise direction. After traveling most of the way around the field you'll see a cone ahead of you; take a left at the cone on to the connector path. Follow the connector path north to the practice field.

Practice field loop to finish:

Upon emerging from the connector path, head for the cone at the northwest corner of the practice field. From there head to the next cone, taking a left around it and heading to the path behind the baseball fence. You will pass the same 400 meter mark sign as the start of the race; now there are 400 meters to go. Upon emerging from the baseball fence head up the small hill in the southeast corner of the practice field. At the top of the hill take a right around the metal pole with the cone on it. Run down the hill to the start/finish line. You're done.