

# St Paul Cross Country Course

## Norwalk Reservoir, Norwalk, Ohio

### Course Surface:

Runners will experience several surface types as they traverse the course. While mostly grass, runners will experience about ½ mile on a cinder path. The high school course will also cover about a ½ mile of trail surface through the woods. There are also several times both JH and HS runners will cross over asphalt or concrete paths and there is about a 1/4 mile at the beginning and end of the course where the runner can choose to run on an asphalt path or in the grass, probably depending on if they choose to wear spike or not.

### Course Description:

The course has change slightly from previous years but both JH and HS courses are essentially down and back layouts. Both courses will start and finish at the same location near the volleyball net. Both courses will head south at the start towards what we affectionally call the pump house. Runners will round the pump house and then climb a small but steep hill to reach the top of the reservoir dyke. Once they have reached the top of the reservoir, they will follow the perimeter for about 2/3 of a mile. Runner will then make a right run on to a peninsula where the circle the perimeter before heading back. The 1-mile mark is located halfway around the peninsula.

Junior High runners will return along the same route they took to get to the peninsula. Around the perimeter of the reservoir, down the steep but short hill, around the pump house and north to the finish line.

High School runners will take a right turn where they follow the perimeter of another body of water until they enter a large field. They will circle the field and then enter a ½ mile trail through the woods. As they exit the woods, they will head back to the top of the reservoir dyke and then return along the same route. Around the perimeter of the reservoir, down the steep but short hill, around the pump house and north to the finish line.