



Princeton Athletic Club - Rosedale Park 5K and Mile courses

Emergency - use cell phone to call 911.

Course Map - See other side.

www.princetonac.org

For minor cuts and scrapes, we have a first aid kit at registration.

Event director and contact information:

Race Marshal Instructions:

Race marshals are primarily a contact point for SAFETY.
Please assist with directing runners to stay on course.

Mark B: Steep dip. After last miler passes, trail pack to mark U.

Mark C: 5K and mile course split. 5K continues to D. Mile continues to U. * Reset flagging after mile.

Mark U: Mile turn around. When trailing marshal arrives, clear course together back to Mark B. Set for 5K.

Mark E: 5K loop closes and runners return to finish. Cell reception is spotty at this exact point.

Mark H: Hunt House. Water stop between H and I.

5K One mile split is at stake near Mark F.

5K Two mile split is about 5 yards before Mark M.

Set up:

Use flagging tape and pennant flags to block off wrong paths.
Spray chalk arrows at turns mark correct path.

Both sides of dip at Mark B, mark "STEEP"

Arrows for both directions are essential at Mark E

Mark G, check stake at edge of woods is visible from open field, topped with loose piece of flagging tape.

Close off false trail about 20 yards from small lake between N and E.

Short route around woods trails: B C D E N L K M (C B)

Break down:

Do not remove stakes, except after final race of the series.

Remove flagging tape and pennant flags across trails.

Coil pennant flags and use loose end to tie coil into a bunch.

Long pieces of flagging tape may also be coiled; however, flagging tape is designed for single use only.

Pick up trash - especially by water stop.



P.A.C.

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Course Map for Rosedale Park in Mercer County, NJ

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5K course: a to n, close loop at e, return e to a. Mile course a-b-c, turn around at U, c-b-a.

