

Chenango State Park Cross Country Course

Overview - 5000 meters - run mostly on the Golf Course at Chenango Valley State Park (153 State Park Rd. Chenango Forks, NY 13746) and on connector trails and paths...flats and rolling terrain with challenging up hills at approximately 2240 m, 3950 m and 4500m.

The start is on Fairway # 1...flat for 155 m to a slight right turn and down into a hollow for 40 m before coming up to cross the rolling terrain of # 2 fairway. From the # 2 green to the 2240 m mark is mostly flat with a gradual downhill after 1.1 miles and a steeper 75 m downhill going down to # 3 green. Now a fairly steep uphill / paved golf-cart path of 260 m towards the # 2 green. 2500 m is even with the second sand trap. Rolling terrain crossing the # 2 fairway towards the cut through to the # 10 fairway. Crossing the # 10 fairway to the 2 mile mark is flat. From just past the 2 mile to the # 4 fairway is approx. 150 m downhill on a park maintenance access road. Now a slight turn right to diagonally cross # 4 fairway. Turn left, 55 m downhill, then right onto the towpath road (River Road on one map). 300 m flat along the gravel and grass towpath before turning right towards the # 5 green. At this turn you are at 3950 m (the lowest elevation point on the course and are starting your ascent towards the finish). Approximately 160 m uphill to the flat 5th fairway then through a slight uphill to behind the # 4 green. Turn left 60 m downhill, cross in front of # 16 green to a steep 55 m uphill to behind the # 17 tee box. From here the final 600 m of the course is relatively flat to the finish.

Some history and points of note:

The major portion of Chenango Valley State Park was constructed in the 1930's as a project of the Civilian Conservation Corps. The towpath that you run on is next to the "old" Chenango Canal connecting the Erie Canal (near Utica) to the North with the Susquehanna River (near Binghamton) going through Pt. Crane. (More info on CV State Park and other NYS Parks at www.nysparks.com).