

# Apalachee Regional Park Course



## Course Info & Description

The Apalachee Regional Park cross country course, developed by the Leon County Recreation Department in collaboration with Florida State University athletics and the local Gulf Winds Track Club, was designed with the sport in mind. A series of trails and loops allows for competition to be contested over a wide range of race lengths.

The predominant running surfaces are grass and crushed shell. The width of the course ranges from approximately 150 meters at the starting line and is significantly wider than 25 meters through the first 800 meters, where it narrows to 15 meters at the 1000m mark. The course meets and actually exceeds the 10-meter width requirement at all points through the finish chute following the recent completion of a \$250,000 widening and renovation project.

### Women's 6000m Course

- The women's collegiate championship division course is contested over two, nearly identical 3000m loops;
- From a universal starting line at the farthest point west on the course (Field #1) runners will proceed in a relatively straight line through Field #2 across a predominantly grass surface for 700m before a slight bend to the left;
- After the bend the runners proceed toward the furthest point east on the course (Field #4), where they will turn north and then head back west, past the 1-mile mark as they wind through a pine forest;
- Following the course through a series of gentle right-left-right turns, runners will then descend down the crushed shell and clay path, past two secured coaches viewing areas along the north side of the course;
- As the runners begin another gentle left turn they will climb the most significant incline and will emerge from the wooded portion of the course on the back side of the starting line area as the surface returns to grass;
- They will run the south side outline of the starting line area, passing the 3k and 2-mile markers, which will return them to the stretch at Field #2 and off on the second loop;
- The only difference between the first and second loops for the runners is an abbreviated cut-through of Field #4 at approximately 4k;
- Retracing their first loop steps, the runners will make only one more deviation from the first loop after cresting the aforementioned incline, at which point they will make a left turn onto the finishing straight of approximately 550 meters to the finish line in Field 2.

### Men's 10,000m Course

- The men's collegiate championship division course is contested over four loops, beginning with two circuits around identical 3000m circuits;
- From a universal starting line at the farthest point west on the course (Field #1) runners will proceed in a relatively straight line through Field #2 across a predominantly grass surface for 700m before a slight bend to the left;
- After the bend the runners proceed toward the furthest point east on the course (Field #4), where they will turn north and then head back west, past the 1-mile mark as they wind through a pine forest;
- Following the course through a series of gentle right-left-right turns, runners will then descend down the crushed shell and clay path, past two secured coaches viewing areas along the north side of the course;
- As the runners begin another gentle left turn they will climb the most significant incline and will emerge from the wooded portion of the course on the back side of the starting line area as the surface returns to grass;
- They will run the south side outline of the starting line area, passing the 3k and 2-mile markers, which will return them to the stretch at Field #2 and off on the second loop, retracing their steps from the first loop;
- The only deviation on the third and fourth loops – each of which measure 2000m – is the runners will make a hard left turn, foregoing the Field #4 section of the course;
- At the top of the incline on the third loop, runners will turn left at the starting line;
- The fourth and final 2000m loop will conclude with a hard left at the top of the incline where the runners will face approximately a 400-meter dash over grass to the finish chute.

### Notes

- The course is well-marked, designating each kilometer and mile;
- Two secured trails will enable coaches to get to the far north side of the course along the crushed-shell trail from well-marked viewing areas;
- A video tour of the course will be made available by Oct. 1, 2014 for review, along with still photos of various points on the course.

## Apalachee Regional Park - 7550 Apalachee Parkway, Tallahassee, FL 32311-3448

### Directions from Points West

- Take Interstate 10 to Exit 203.
- Take exit 203 for FL-61 toward US-319/Thomasville/Tallahassee
- Merge onto Raymond Diehl Rd. (Straight Ahead)
- Turn right at Capital Circle NE.
- Follow Capital Circle until you reach Apalachee Parkway. (approximately 5.4 miles)
- Turn left at Apalachee Pkwy/FL-20/US-27.
- The park is located 5 miles east on Apalachee Parkway on the left side of the road and is well marked.

### Directions from Points East

- Take the US – 19/ FL-GA Parkway. (Exit 225 off I-10)
- Turn LEFT onto US-19 South (FL-GA PKWY)
- Go 5 miles to US-27 N
- Turn Right onto US-27 N and drive 14.5 miles towards Tallahassee
- Arrive at 7550 Apalachee Pky, Tallahassee, FL 32311-3448