

Institute Woods set-up – course and start/finish + water station – map on reverse.

### **Start/finish and water station**

Stakes, plastic posts, pennants. Water jug, folding table, paper cups, trash bag.

Start line: at mark B.

Finish line: 20 meters south of mark A. Mark A is the trail junction with gravel access to parking lot P.

Water station: 30 meters south of mark B.

Finish line is about 3 meters wide. Place posts or stakes at either end.

Deceleration zone: ten meters beyond finish line, place pair of stakes one meter apart.

Chute: ten meters beyond pair of stakes, place another pair of stakes one meter apart.

Yes, it's longer than you imagine. The stakes are four feet long, so a bit shorter is about a meter.

String pennants, and place additional stakes as needed for support. Posts instead of stakes is fine.

If done before course marker returns, can also put arrows at Mark B as below.

### **Course marking:**

Four rolls of flagging tape (two should be enough – the stuff is cheap so don't sweat it).

Four cans of spray chalk (two should be enough – not as cheap as flagging tape).

Marking wand.

Three strands of pennants – we collect these for reuse.

A few stakes.

Arrows at junction begin before trail junction, continue through junction, and terminate beyond junction. Turns are one or two small arrows at about 15 meters before junction, 10 meters before, and then a long arrow before, through, and after.

Arrows are made of line segments: / | \ not filled in arrowheads. Confusing false trails, mark with X.

Mark B to Mark C: at small trails, arrow continuation on Pipeline.

Tape off Cornfield trail. Mark X or tape off confusing small trails.

Mark C: mark right turn onto Far Trail. Tape off wrong branches.

Mark D: mark left turn onto Middle Trail. Tape off continuation on River's Edge.

Might need two stakes here if trees not available.

Mark E: mark straight across.

Mark F: mark left turn onto Trolley Track.

Between marks F and B: at all small trails: arrow west  
mark X or tape off Fools, Far, and unnamed trails

Mark B: Trolley track at west end. Mark turns onto Pipeline.

Left side: arrows left with letter “A” for completing first loop. Note points away from mark A on map.

Right side: arrows right, with letter “B” for completing second loop.



Princeton Athletic Club – Institute Woods 6K Course

Emergency – use cell phone to call 911

Course map for Institute Woods in Princeton, NJ – Mercer County

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

Event Date →

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

Event director and contact information

Event headquarters and main parking at Friends School, mark P. Overflow parking at OP. Route to event base: Olden Lane to Trolley Track Trail via gate at mark R.

Marshal assignment →

End time based on 10 AM run start. Course marshals, please collect flagging tape on return.

End time	OP parking 10 AM	C 10:40 AM	D 10:45 AM	Mile/E 10:45 AM	F 10:50 AM
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6K course: access course via A. One mile point is about 100 meters south of E.  
Start at B. Course is main loop B-C-D-E-F-B twice, then B to finish at A.

