

Institute Woods course set-up – map on reverse. Updated 2024

Start/finish

For chip timing with common start / finish, the line is about 50 meters north of mark B. This is set up by professional timer. Mark B is junction of trolley track and pipeline trails

For manual timing, start line at mark B. Finish line is 20 meters south of mark A. Mark A is the trail junction with gravel access to parking lot P.

We no longer set up water station. If conditions warrant, put water station 30 meters south of mark B.

Reminder that deceleration zone extends ten meters beyond finish line.
Chute is not needed for chip timing.

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.

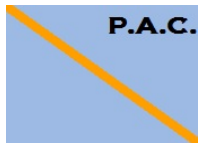
Mark F: mark left turn onto Trolley Track.

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

Course marshals are primarily a contact point for SAFETY

Event Date

Minor cuts and scrapes, call in to Event HQ.
Emergency, call 911 first, then contact Event HQ.

Event HQ contact

Event headquarters and main parking at Friends School, mark P. Overflow parking at OP.

Marshal assignment

End time based on 10 AM run start. Course marshals, text HQ when at your post “Set at Charlie” etc., text HQ when done at your post “Clear at Charlie.” Please collect flagging tape on return.

End time	C Charlie 10:40	D Delta 10:40 AM	E Echo 10:45 AM	F Foxtrot 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.

