

Middle Distance Notes Mendon Ponds

Welcome to the Middle Distance event at Mendon Ponds!

The Middle Distance event will be based out of West Lodge, and there will be no need to change your parking arrangement from the morning event. From the event center at West Lodge the start area for all courses is a 700 meter, relatively flat walk. Control description sheets will be on the maps and will also be available at the start area. There will be a single call up line at two minutes before your actual start. At one minute before your start time you will advance to the start area to pick-up/check your maps. Please note that the start area where you receive your map *will be in the triangle*. Although the call-up area will be crowded, please stay on the trail once you are south of the road and be careful of traffic around the road. There will be a warm-up area north of the start area and across the road.

The areas to the south/west of Canfield Road (which runs in front of West Lodge) are off limits. Additionally, there is a parking area immediately south of Canfield Road which will likely be used for event parking – please do not go south of this parking area on Hopkins Point Road. If entering the park from the West Side, please use the signed entrance at Canfield Road.

Course Details

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| Blue | 17 controls, 5.60 km, 245 m |
| Red X | 17 controls, 4.57 km, 220m |
| Red Y | 17 controls, 4.41 km, 195m |
| Green X | 15 controls, 3.59 km, 195m |
| Green Y | 15 controls, 3.55 km, 190m |
| Brown | 13 controls, 2.95 km, 85m |
| Orange | 12 controls, 2.87 km, 140m |
| Yellow | 10 controls, 2.55 km, 60m |
| White | 11 controls, 2.26 km, 50m |

Control spacing, although tight in some locations, is consistent with USOF guidelines. All courses will cross interior park roads, some with more traffic than others. Signs will be posted along roads indicating an event is in progress – but runners will be responsible watching for traffic. Again, please be careful.

The weather has been fairly wet/cool this summer and the result is that the water features are fairly consistent with what is shown on the maps. Unfortunately, the weather has allowed some of the less desirable vegetation to thrive in the Rough Open areas. There are patches of blackberries bushes which you will encounter in the fields and there are rogue bushes here and there. The shorter patches are generally not mapped. Additionally, the Red and Blue courses pass through some Rough Open areas with a significant ground cover of black-swallow wort, which is an invasive, knee high, vine that likes to grab your legs. As we are getting into some drier fall weather the vine has started to lay down (and the leaves are yellowing), but it will still grab at your feet. Practice your ladder drills!

The forest areas are for the most part extremely open; however, there are some areas of thicker vegetation. Areas of light green are fairly runnable at this time of year; most areas of medium or dark green are less friendly and should be avoided when possible. (For thin patches you can probably find a way through.) There is almost no large rock; some of the steeper slopes have small rock debris under the leaves on the ground. Mapped stony ground tends to indicate ruined stone walls and occurs in short

lines. Trails are numerous and in the fields they may be difficult to see. At the time these notes were developed, the trails in the fields had been mowed once this summer – back in July – and have grown to the point where they sometimes blend in with the surrounding vegetation.

There are a few places where very old farm fencing has left pieces of wire near ground level. Those that were seen during vetting were flagged with orange tape. (Usually these are found near old stone walls or vegetation boundaries.)

Root stocks (a brown X) have been added to this map for this event. Because they have recently been added, the ones marked on the map will be at least 1 meter in height. Other symbols of note that are used are:

Black X: Manmade object (picnic tables and grills are generally *not* mapped)

Blue Circle: Water spigot or hydrant

Good luck!