

5K TRAIL

For Cross-Country
Running, Walking & Skiing

at
THETFORD ACADEMY
Vermont's Oldest Secondary School

in
THETFORD HILL STATE FOREST

Winner of a 1993 "Take Pride in America" Award

This Trail is a
Cooperative Project of

Theiford Academy and **The State of Vermont**

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HEAD OF SCHOOL
Howard Dean
GOVERNOR

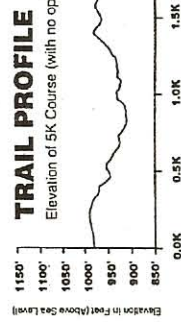
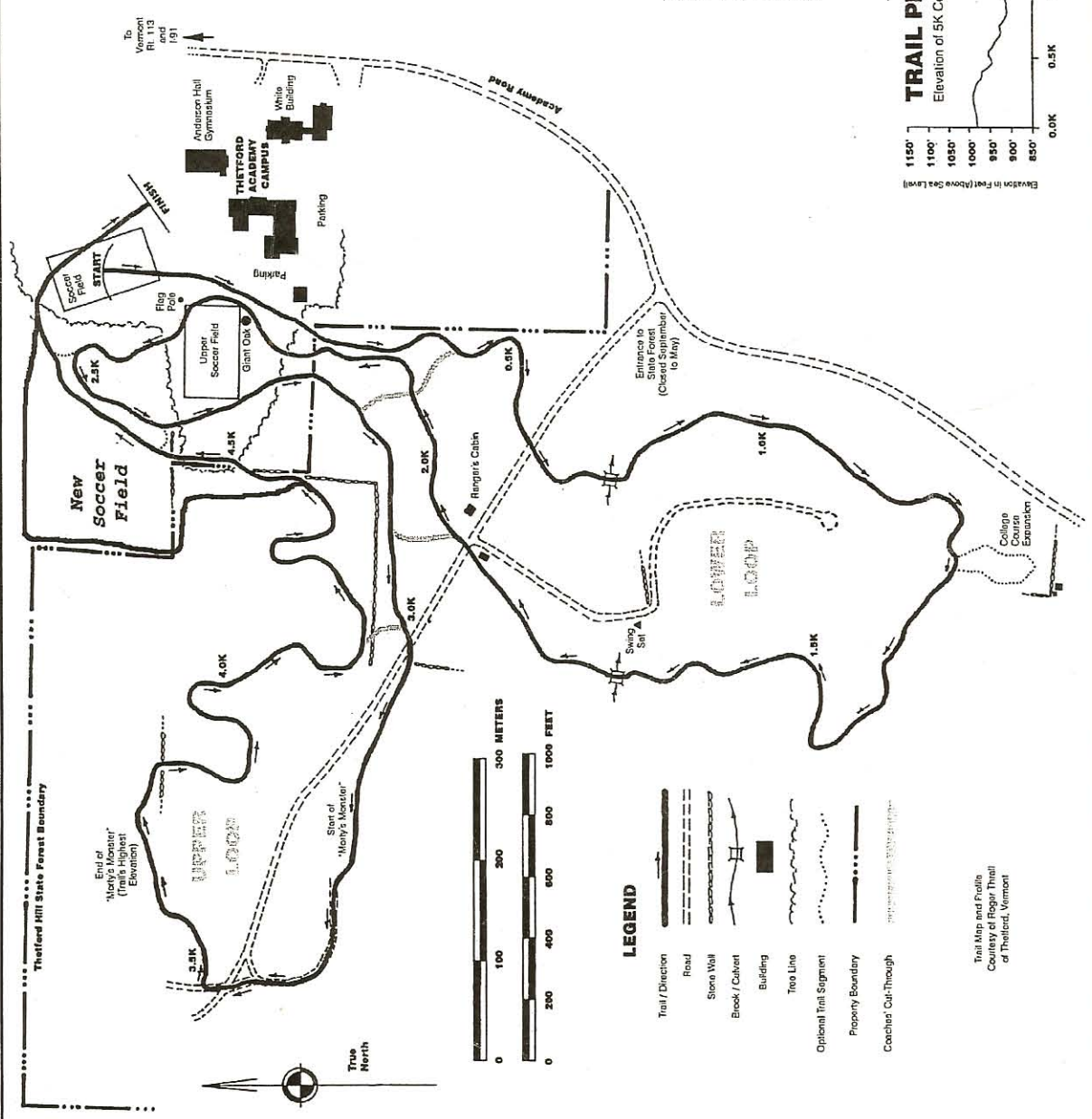
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The 5K trail starts and finishes on Thetford Academy's athletic fields. It features a lower loop and an upper loop of about 2 kilometers each that wind through the Thetford Hill State Forest, with a stretch of about 1k in the middle that comes back onto the Academy fields. The "College Course Expansion" segment is added for collegiate meets, because NCAA regulations on course measurement differ from high school regulations; with this expansion loop the course measures an NCAA-sanctioned 5K, and without it a high school 5K. In addition, there are two optional segments on the upper part of the map; these can be used to run an NCAA-sanctioned 8K or a junior-high event of about 2.7K. Note also the four coaches' cut-throughs (indicated in gray), which allow spectators to easily see runners during an event at several points in the woods. The surface of the course is mostly grass, with some dirt and woodchips.



Trail Map and Profile
Courtesy of Roger Threl
of Thetford, Vermont