



MILE 1

HARTFORD

Start on Capitol Avenue in front of State Capitol, heading west

Right onto Broad Street

Right onto Farmington Avenue

Right onto Ford Street

Left onto Pearl Street

Pass Haynes Street

Cross Trumbull Street

MILE 2

Continue onto American Row

Left onto Market Street

Go under I-84

Market Street becomes Rev. Moody Overpass

Right onto Weston Street

MILE 3

Right into Riverside Park

Enter Riverside Park Path (at main concrete opening)

Continue on path closest to river

MILE 4

Exit Riverside Park Path

Right onto Van Dyke Avenue

MILE 5

Right onto Sheldon Street

Cross Columbus Boulevard

Right onto South Prospect Street

MILE 5.5

Right onto the pedestrian access way (parallel to the Hartford Club)

Follow the East Coast Greenway, straight towards the Travelers building

Left towards Constitution Plaza

Right towards Mortensen Plaza

Continue into East Hartford

MILE 6

EAST HARTFORD

Left onto Pitkin Street

Right onto Meadow Street

Right onto Hartland Street

MILE 7

Right onto East River Drive

Left onto Great River Park Path

Follow River Park Path South towards Great River Park

MILE 8



Exit Great River Park Path
Right onto East River Drive
Right onto Riverview Square
Follow Riverview Square past Two Rivers Magnet School and back
towards East River Drive
Right onto East River Drive

MILE 9

East River Drive becomes East River Drive Extension
Left onto Main Street
Left onto Carroll Road
Right onto Prospect Street South

MILE 10

Cross Rte. 44 (Connecticut Boulevard)
Prospect Street South becomes Prospect Street

MILE 11

Left onto Main Street
Left onto King Street

SOUTH WINDSOR

MILE 12

Continue straight on King Street

MILE 13

Bear Left around corner on King Street
Right onto Main Street
Go under I-291

MILE 14

Continue straight on Main Street

MILE 15

Continue straight on Main Street

MILE 16

Continue straight on Main Street

MILE 17

Continue straight on Main Street

Make U and head South on Main Street

MILE 18

Continue South on Main Street

MILE 19

Continue South on Main Street

MILE 20

Continue South on Main Street
Go under I-291

MILE 21

Continue South on Main Street

EAST HARTFORD

Continue South on Main Street



MILE 22

Right onto Main Street (Rte. 5)

Right onto Prospect Street

MILE 23

Cross Rte. 44 (Connecticut Boulevard)

Prospect Street becomes Prospect Street South

MILE 24

Left onto Carroll Road

Right onto Main Street

Right onto Pitkin Street

MILE 25

HARTFORD

Right onto the pedestrian access way over the Founders Bridge

Continue onto Mortensen Plaza

Left towards Travelers Building

Right towards Prospect Street

Continue onto Atheneum Square

Continue onto Gold Street

MILE 26

Right onto Trumbull Street

Left onto Trinity Street, under Memorial Arch to Finish