

**TRAFFIC ALERT
NEW LONDON RESIDENTS**

Saturday, May 4, 2019

PLEASE EXPECT DELAYS AND DETOURS

Over 500 participants will be on the roads of New London as the L+M Hospital Spring Stride 10K & 5K runs through the city. To assist with travel plans on race day, please see the road impact chart below. Please be aware of runners on the road, and use caution.

Thank you for your support and cooperation

STREETS USED FOR RACE	EXPECT DELAYS
Montauk Avenue (Fair Harbour PI – Converse PI)	CLOSED: 8:00 AM – 11:00 AM
Montauk Avenue (Converse PI – Pequot Ave) Lower Boulevard Glenwood Ave (Lower Blvd – Pequot Ave)	8:30 AM – 9:30 AM
Pequot Ave (Montauk Ave – Thames St) Thames Street	8:30 AM – 10:00 AM