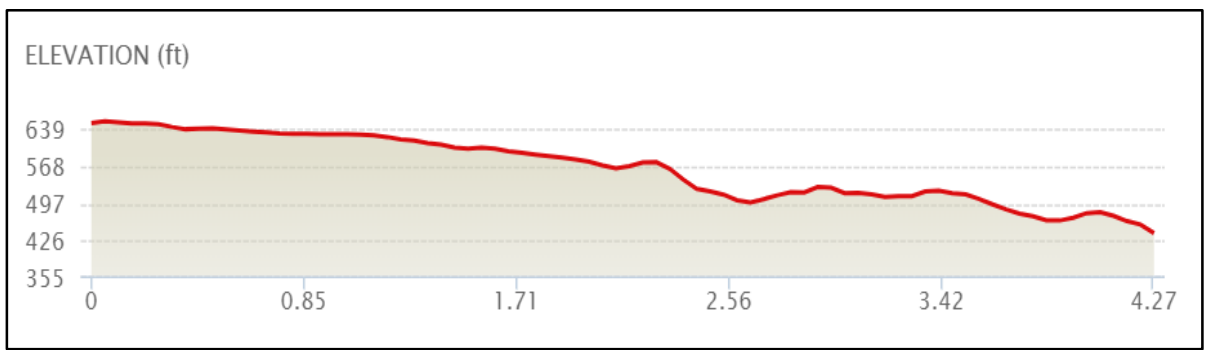
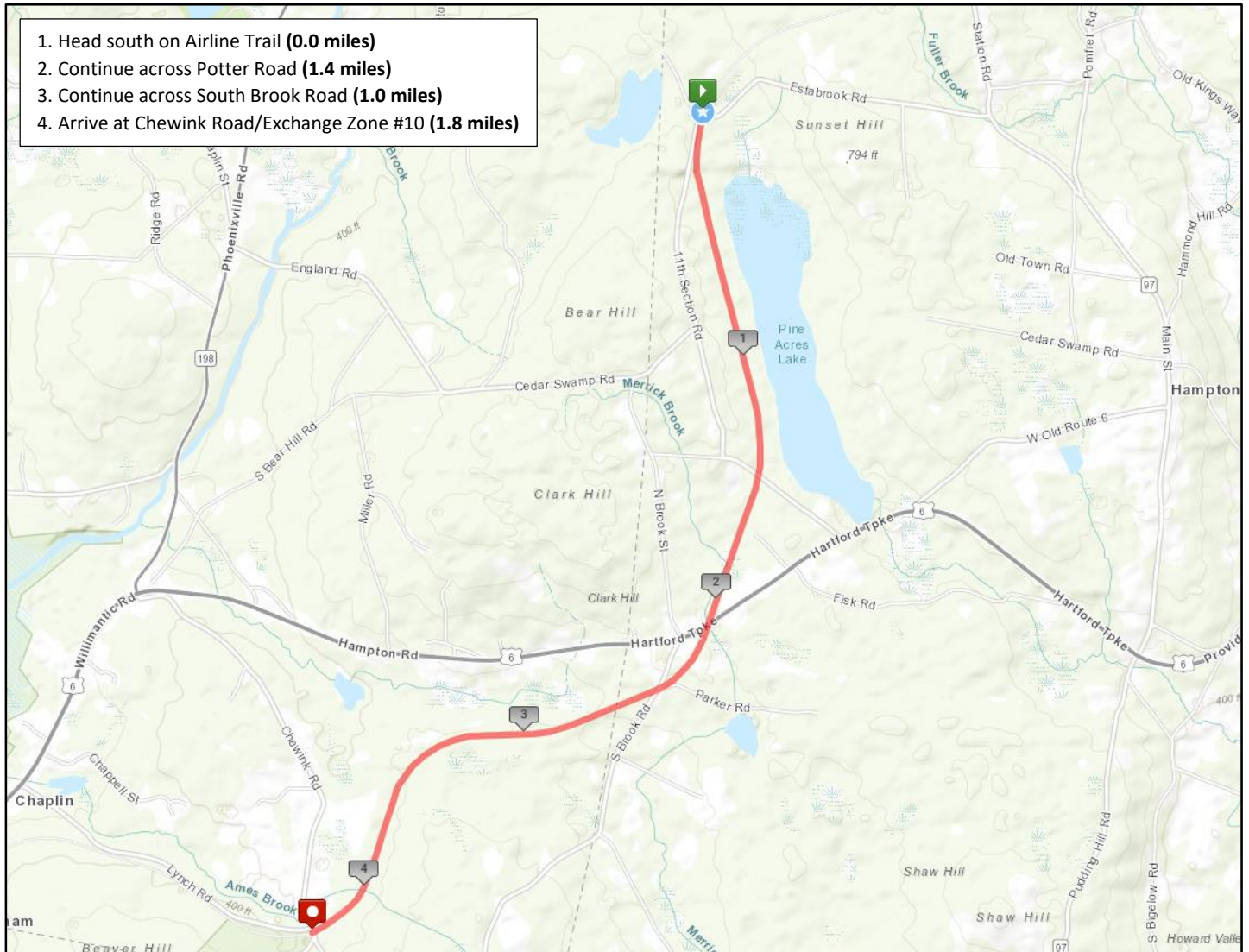


Running Details

Start: Estabrooks Road, Hampton, CT **Finish:** Chewink Road, Chaplin, CT

DISTANCE	START ELEVATION	MAX ELEVATION	ELEVATION GAIN	DIFFICULTY	TERRAIN
4.2 MILES	651 FEET	654 FEET	38 FT	EASY	CINDER TRAIL

1. Head south on Airline Trail (0.0 miles)
2. Continue across Potter Road (1.4 miles)
3. Continue across South Brook Road (1.0 miles)
4. Arrive at Chewink Road/Exchange Zone #10 (1.8 miles)



Safety Notes:

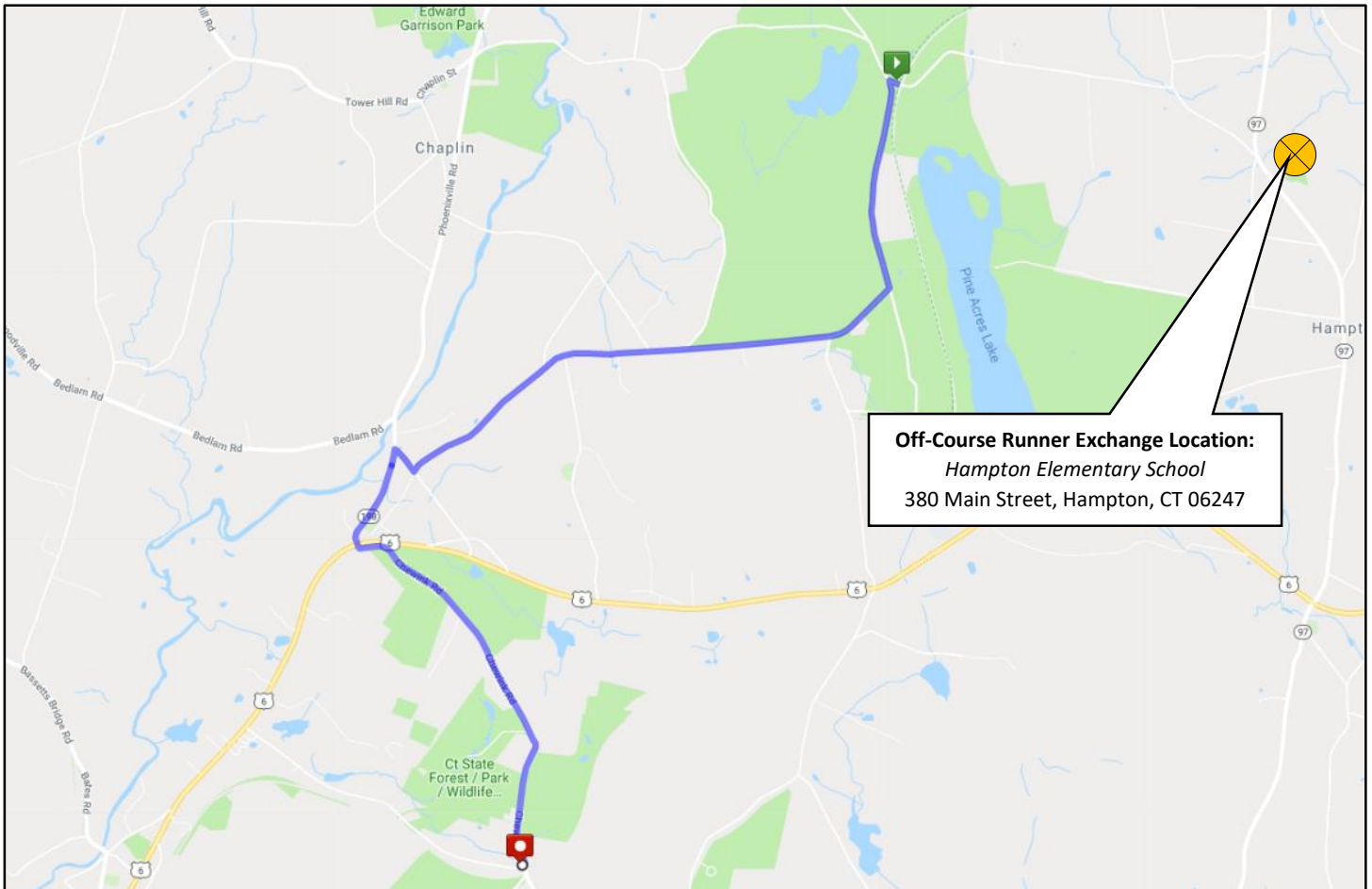
- Stay on sidewalk / bikeway / trail where applicable
- Use caution crossing streets
- Follow directional signs

Driving Details

Driving Directions to Exchange Zone #10: Chewink Road @ Lynch Road, Chaplin, CT 06235

Driving Distance: 4.8 miles

Estimated Drive Time: 9 minutes



Off-Course Runner Exchange Location:
Hampton Elementary School
380 Main Street, Hampton, CT 06247

1. Head south on 11th Section Road
2. Turn right on Cannon Road
3. Continue straight on Cedar Swamp Road
4. Turn right on Cross Road
5. Turn left on Phoenixville Road (Route 198)
6. Cross Rt. 6 (Hampton Road) and continue straight onto Chewink Road
7. Arrive at Exchange Zone #10

Exchange Note: Overflow/additional parking available on street along Lynch Road, park responsibly.