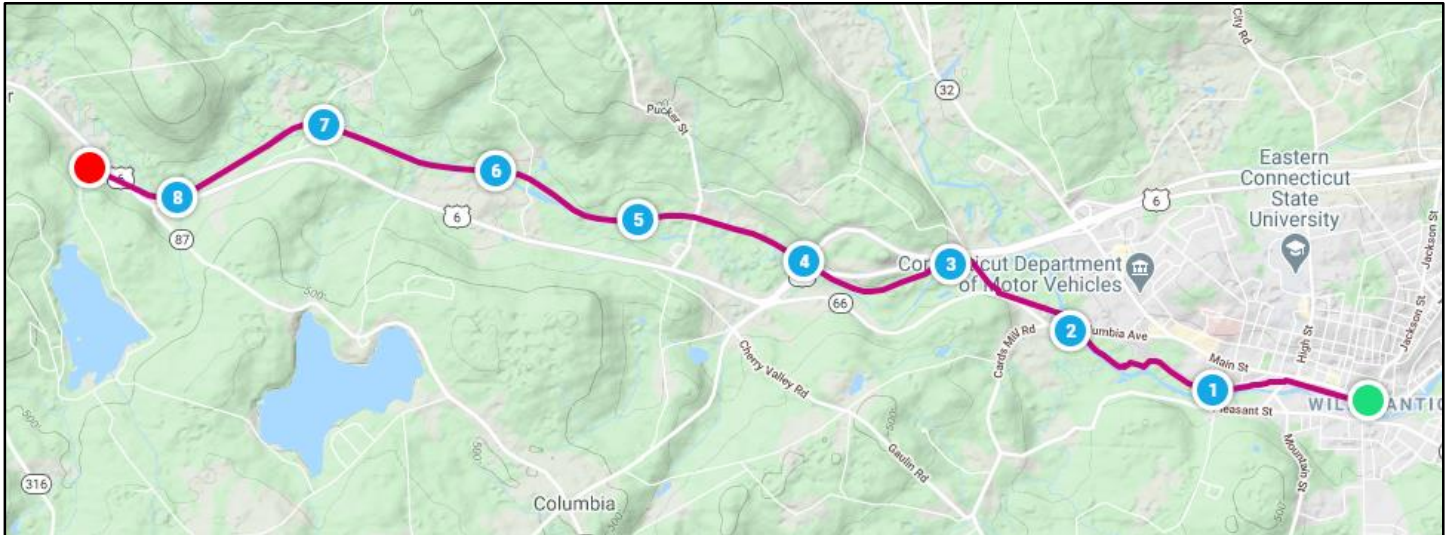


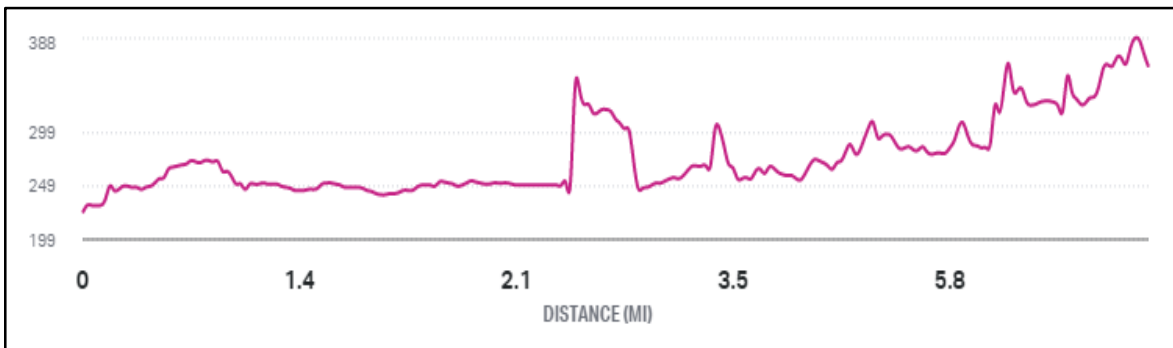
**Running Details**

**Start:** Jillson Square, 533 Main Street, Windham/Willimantic, CT    **Finish:** Lake Road, Andover, CT

| DISTANCE         | START ELEVATION | MAX ELEVATION | ELEVATION GAIN | DIFFICULTY  | TERRAIN                            |
|------------------|-----------------|---------------|----------------|-------------|------------------------------------|
| <b>8.5 MILES</b> | <b>224 FT</b>   | <b>388 FT</b> | <b>404 FT</b>  | <b>HARD</b> | <b>ROAD<br/>PAVED/CINDER TRAIL</b> |



1. Head west on Main Street **(0.0 miles)**
2. Take slight left onto Riverside Drive **(0.1 miles)**
3. Turn left on Bridge Street, cross train tracks, and take quick right Railroad Museum driveway **(0.5 miles)**
4. Take slight left near parking spots to enter Airline Trail **(0.2 miles)**
5. Turn right onto Hop River Trail-DO NOT CROSS WILLIMANTIC RIVER **(0.9 miles)**
6. Turn left to stay on Hop River Trail towards bridge over Willimantic River **(0.4 miles)**
7. Exit trail and turn right onto Flanders River Road **(0.6 miles)**
8. Turn left onto Kings Road **(0.2 miles)**
9. Turn right onto Hop River Trail **(0.3 miles)**
10. Continue across Hop River Road **(2.6 miles)**
11. Continue across Parker Bridge Road **(1.3 miles)**
12. Arrive at Lake Road - Exchange Zone #13 **(1.5 miles)**



**Safety Notes:**

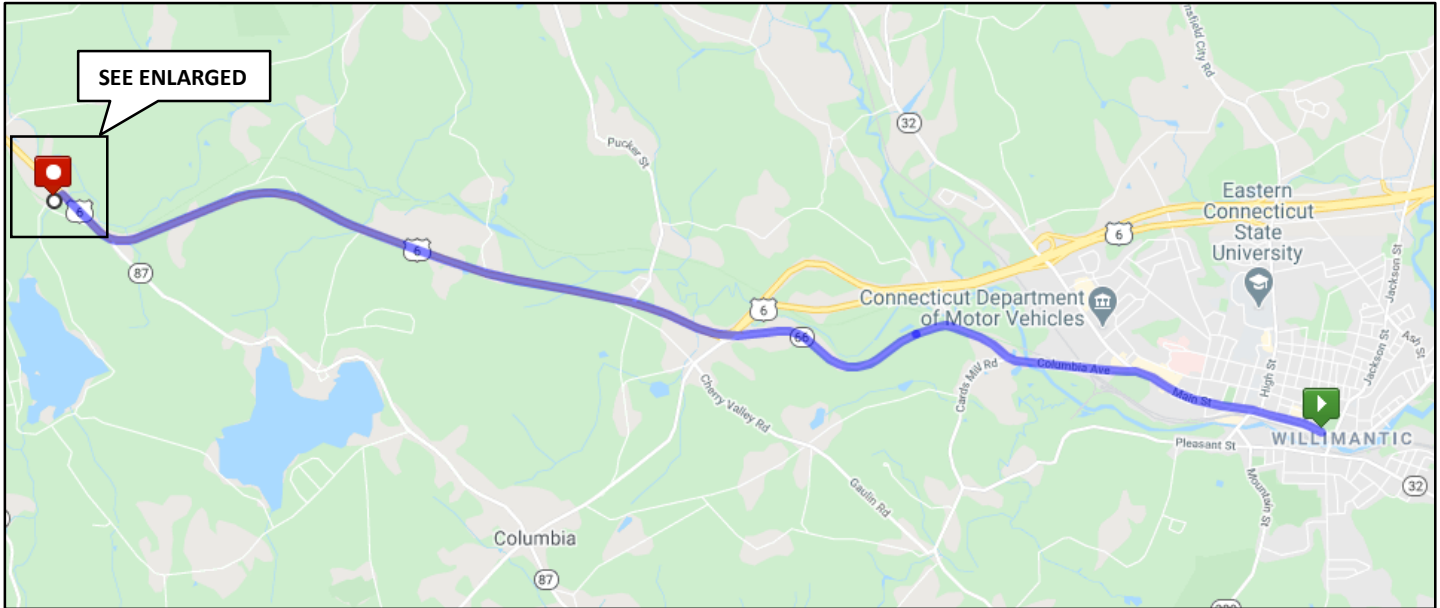
- Stay on sidewalk / bikeway / trail where applicable
- Use caution crossing streets
- Follow directional signs

**Driving Details**

**Driving Directions to Exchange Zone #13 Parking:** Ben Franklin Plumbing, 580 Lake Road, Andover, CT 06232

**Driving Distance:** 9 miles

**Estimated Drive Time:** 13 minutes



1. Head west on Main Street (Route 66)
2. Take slight left onto Columbia Avenue (Route 66)
3. Take slight right/continue straight to stay on US-6 W (Willimantic Road)
4. Turn left onto Lake Road
5. Parking/Ben Franklin Plumbing will be on your right

**Parking Notes:** Exchange Zone is located at the intersection of the Hop River Trail and Lake Road, please proceed on foot (DO NOT DRIVE).

Additional parking available along the trail side of Merritt Valley Road, and in the dirt cutouts across Lake Road from Ben Franklin Plumbing.

