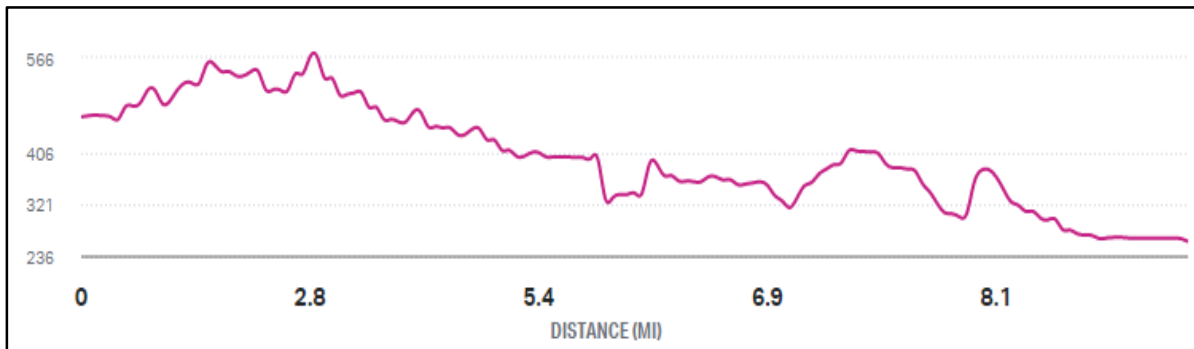
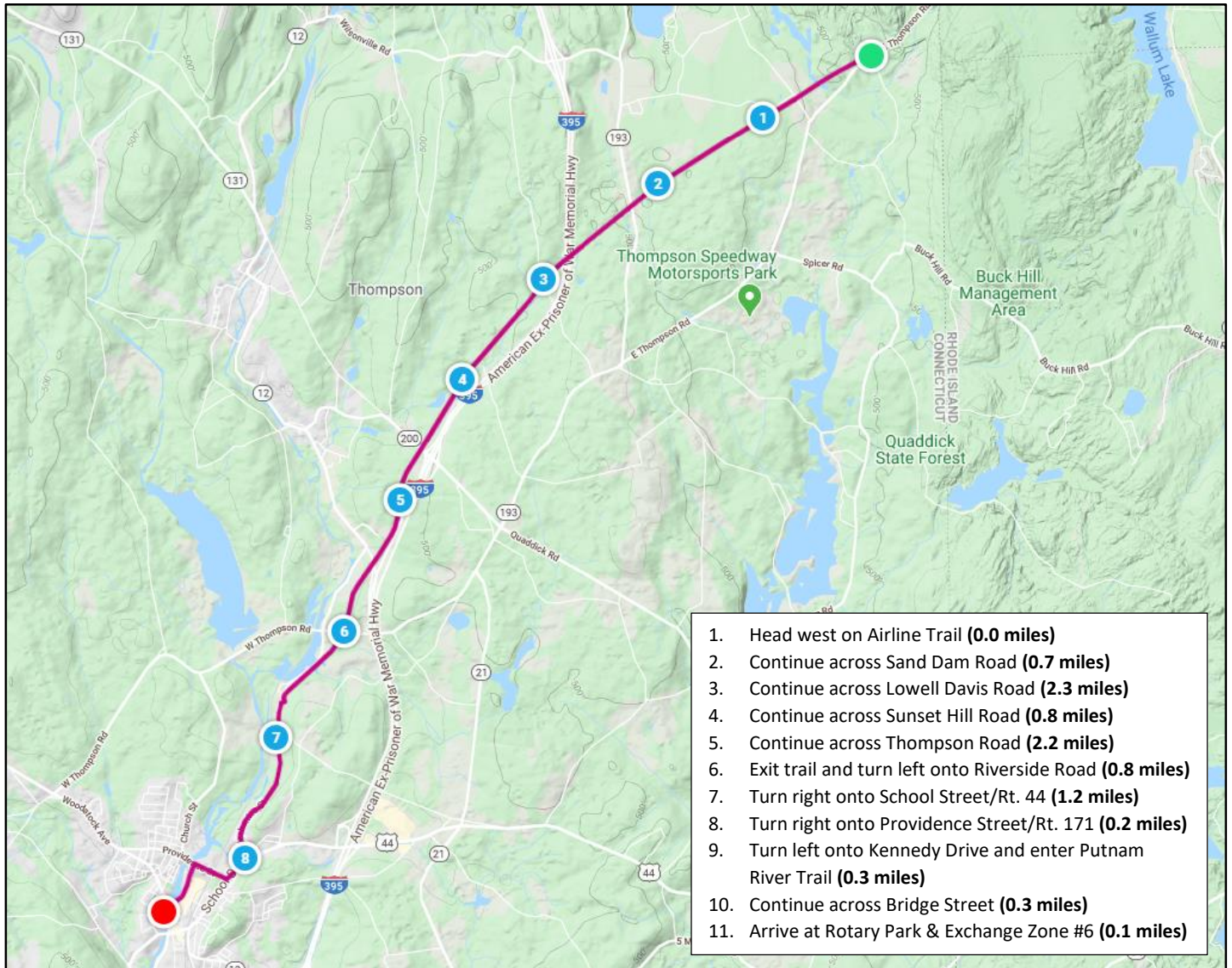


Running Details

Start: Airline Trail @ East Thompson Road, Thompson, CT

Finish: Rotary Park, Putnam, CT

DISTANCE	START ELEVATION	MAX ELEVATION	ELEVATION GAIN	DIFFICULTY	TERRAIN
8.8 MILES	467 FEET	566 FEET	328 FT	HARD	CINDER TRAIL/ ROAD/PAVED TRAIL



Safety Notes:

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

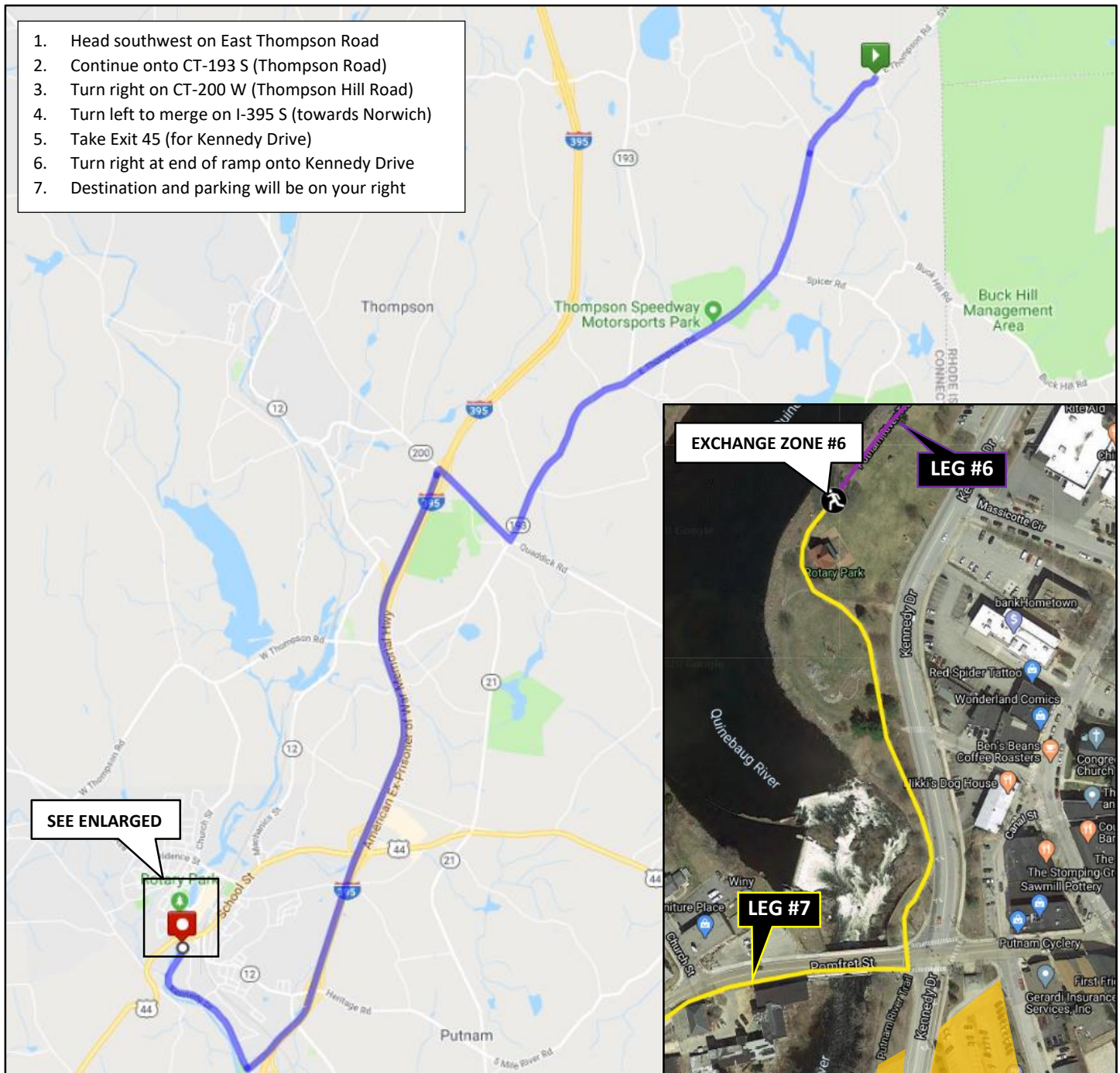
Driving Details

Driving Directions to Exchange Zone #6 Parking: CT DMV Park & Ride Lot, 165 Kennedy Drive, Putnam, CT 06260

Driving Distance: 11.6 miles

Estimated Drive Time: 16 minutes

1. Head southwest on East Thompson Road
2. Continue onto CT-193 S (Thompson Road)
3. Turn right on CT-200 W (Thompson Hill Road)
4. Turn left to merge on I-395 S (towards Norwich)
5. Take Exit 45 (for Kennedy Drive)
6. Turn right at end of ramp onto Kennedy Drive
7. Destination and parking will be on your right



SEE ENLARGED

Parking Notes: Exchange Zone is located diagonally north west across Kennedy Drive from CT DMV Parking Lot, please proceed on foot. Use crosswalk at intersection of Kennedy & Pomfret Streets to cross Kennedy Drive.

Additional parking available along Putnam River Trail and Kennedy Drive.

ENLARGED VIEW