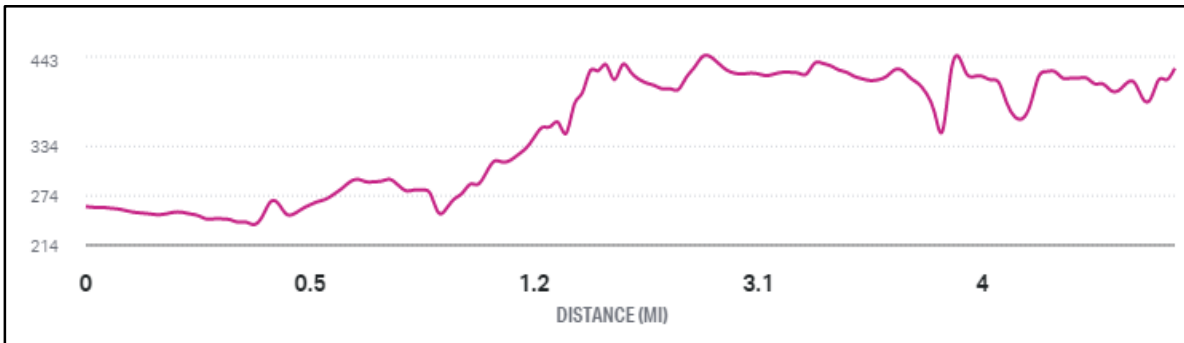
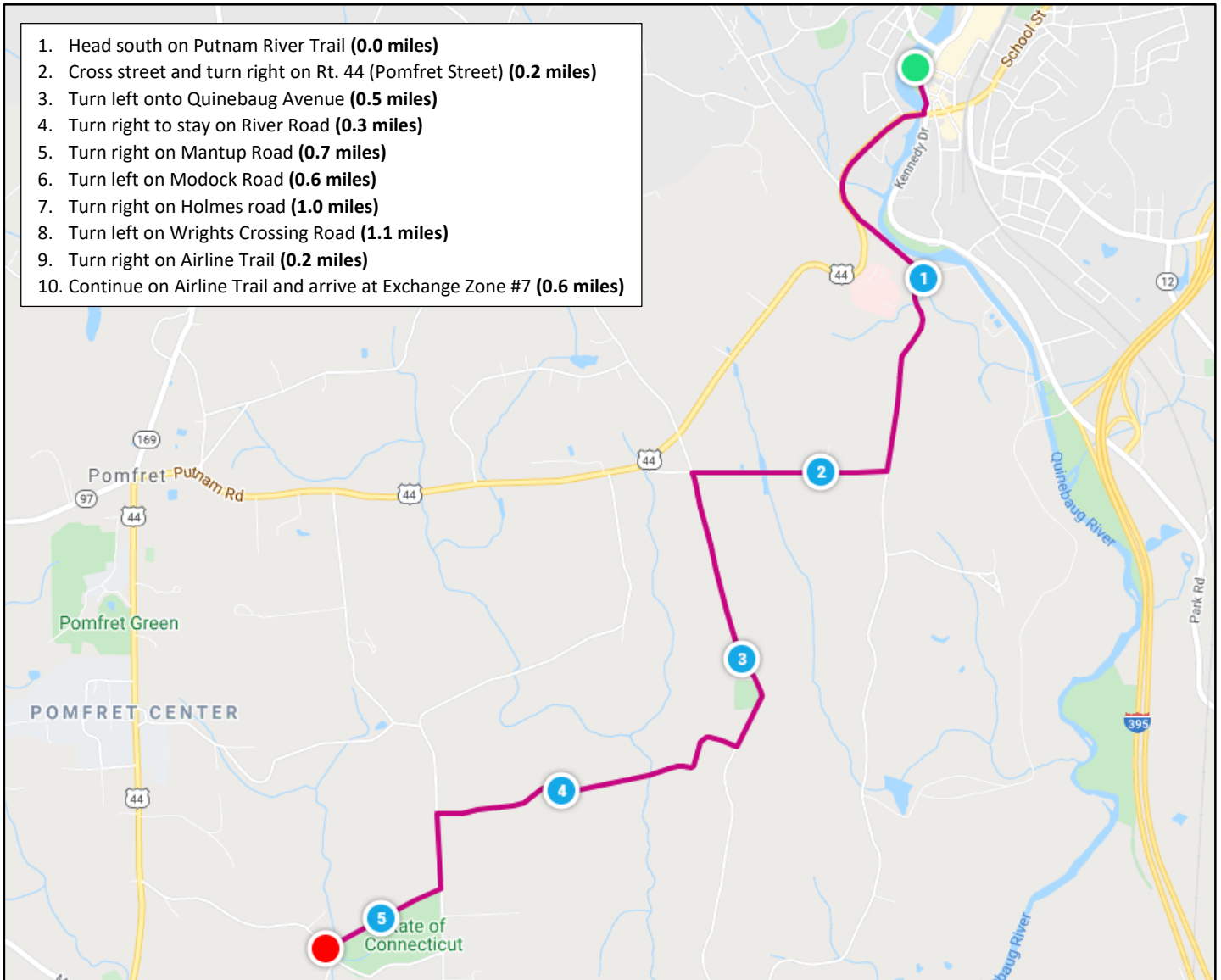


**Running Details**

**Start:** Rotary Park, Putnam, CT

**Finish:** CT Audubon Society (Air Line State Park Trail @ Needles Eye Road), 218 Day Road, Pomfret, CT

DISTANCE	START ELEVATION	MAX ELEVATION	ELEVATION GAIN	DIFFICULTY	TERRAIN
<b>5.1 MILES</b>	<b>261 FEET</b>	<b>443 FEET</b>	<b>369 FT</b>	<b>HARD</b>	<b>ROAD/CINDER TRAIL</b>



**Safety Notes:**

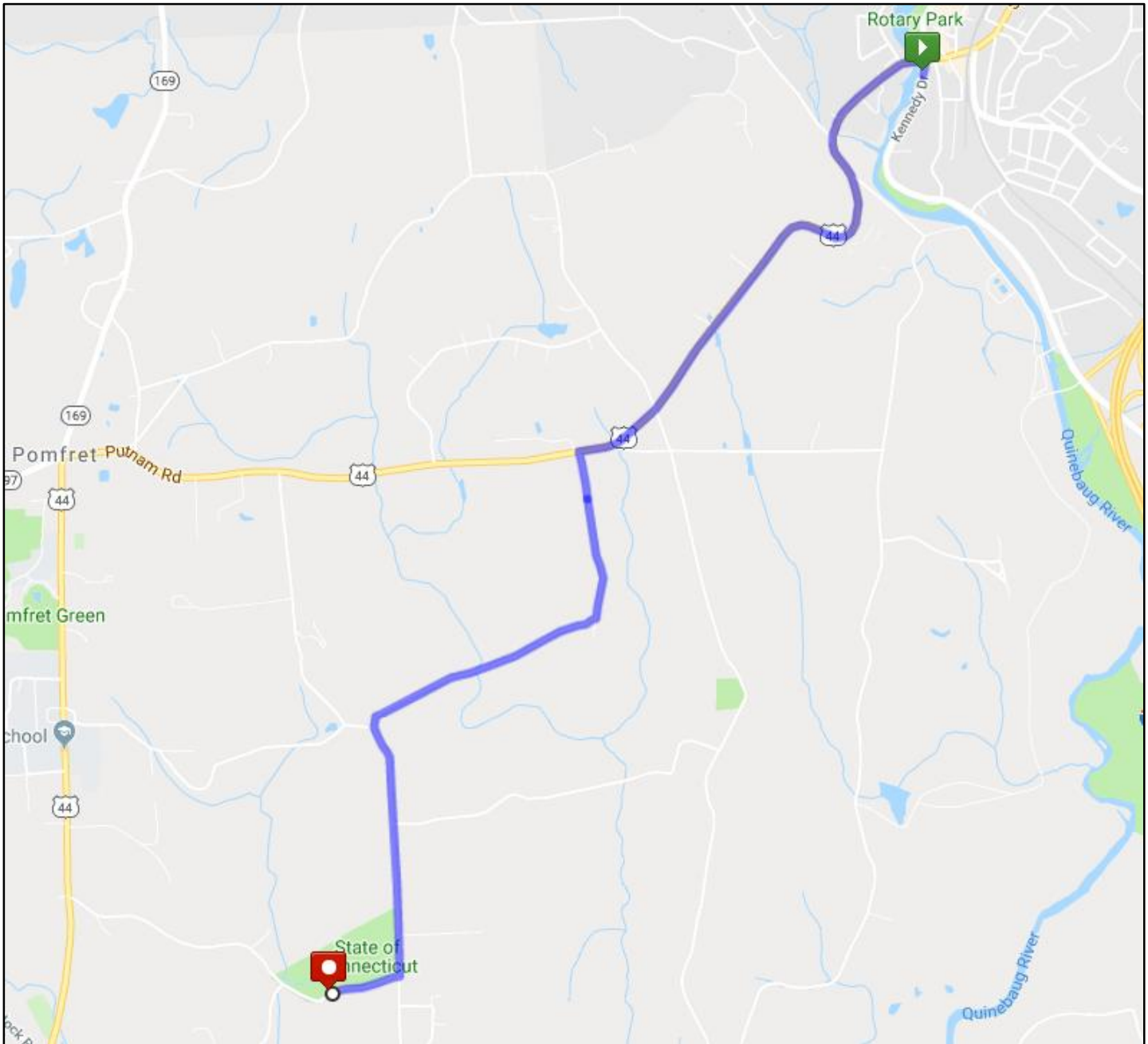
- Stay on sidewalk / bikeway / trail where applicable
- Use caution crossing streets
- Follow directional signs

### Driving Details

**Driving Directions to Exchange Zone #7 Parking:** Connecticut Audubon Society-Center at Pomfret, 218 Day Road, Pomfret Center, CT 06259

**Driving Distance:** 4.3 miles

**Estimated Drive Time:** 8 minutes



1. Head north on Kennedy Drive
2. Turn left on US-44 (Pomfret Street)
3. Turn left on Wrights Crossing Road (CAUTION RUNNERS MAY BE ON ROAD)
4. Turn right on Day Road
5. Destination and driveway will be on your left.

**Parking Note:** Parking in the Audubon Society lot is limited, on street parking is also available along Day Road, please park respectfully, if required.