

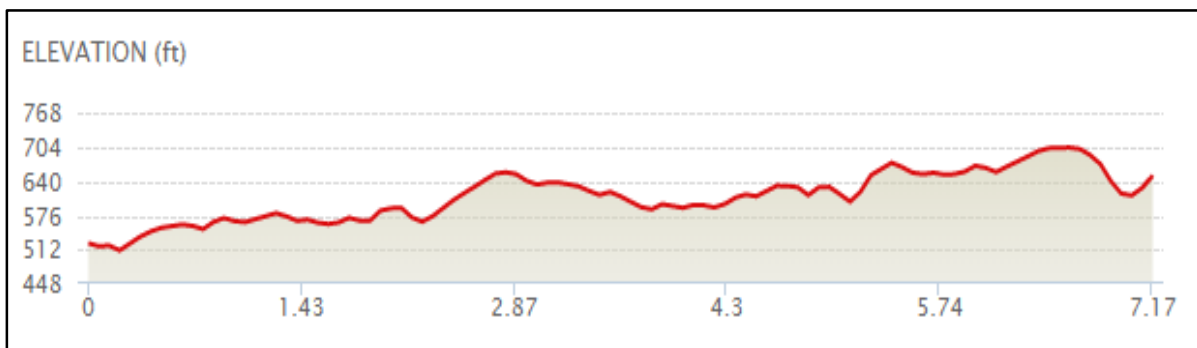
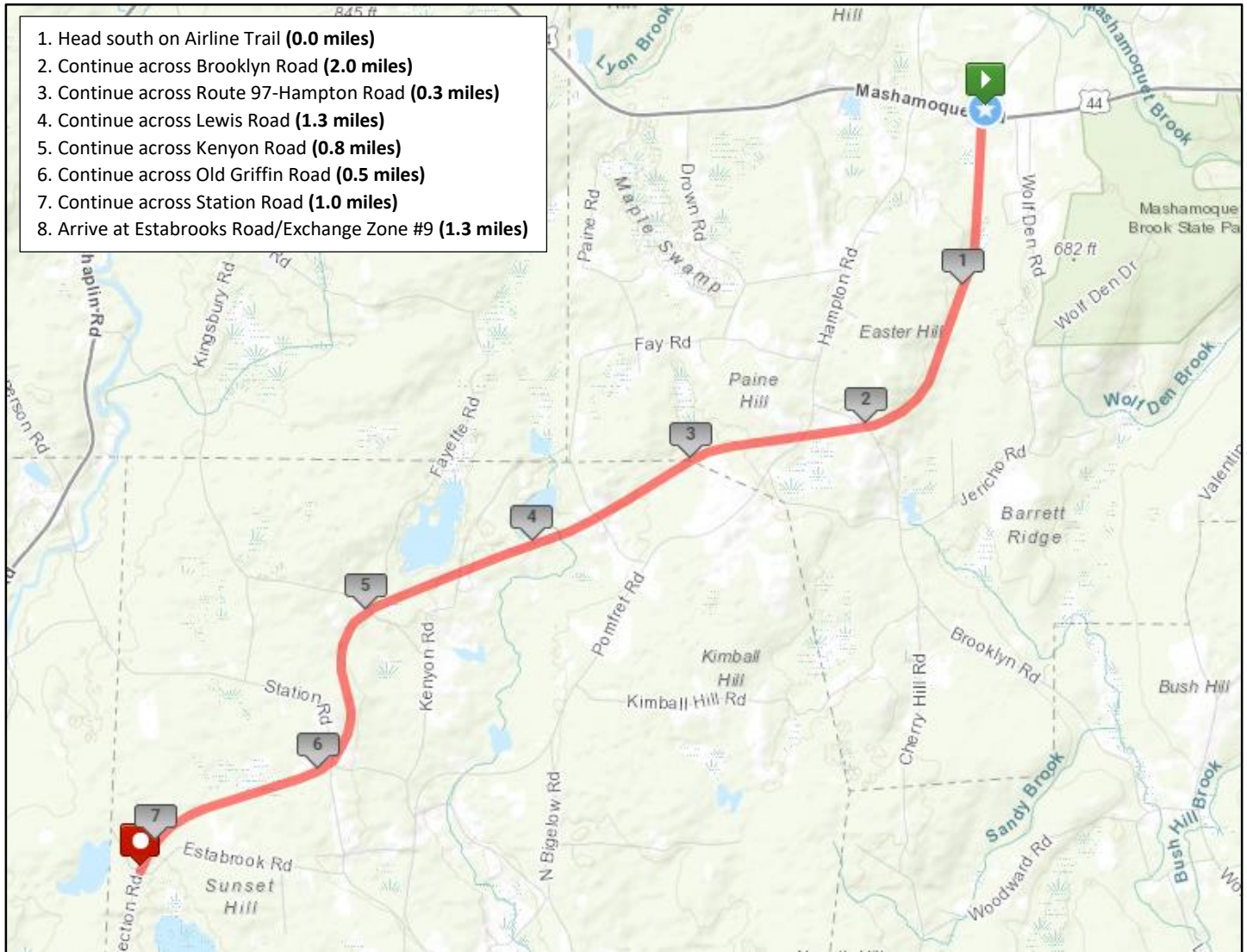
Running Details

Start: Pomfret Town Hall, Pomfret, CT

Finish: Estabrooks Road, Hampton, CT

| DISTANCE | START ELEVATION | MAX ELEVATION | GAIN | DIFFICULTY | TERRAIN |
|-----------|-----------------|---------------|--------|------------|--------------|
| 7.1 MILES | 524 FEET | 704 FEET | 323 FT | HARD | CINDER TRAIL |

1. Head south on Airline Trail (0.0 miles)
2. Continue across Brooklyn Road (2.0 miles)
3. Continue across Route 97-Hampton Road (0.3 miles)
4. Continue across Lewis Road (1.3 miles)
5. Continue across Kenyon Road (0.8 miles)
6. Continue across Old Griffin Road (0.5 miles)
7. Continue across Station Road (1.0 miles)
8. Arrive at Estabrooks Road/Exchange Zone #9 (1.3 miles)



Safety Notes:

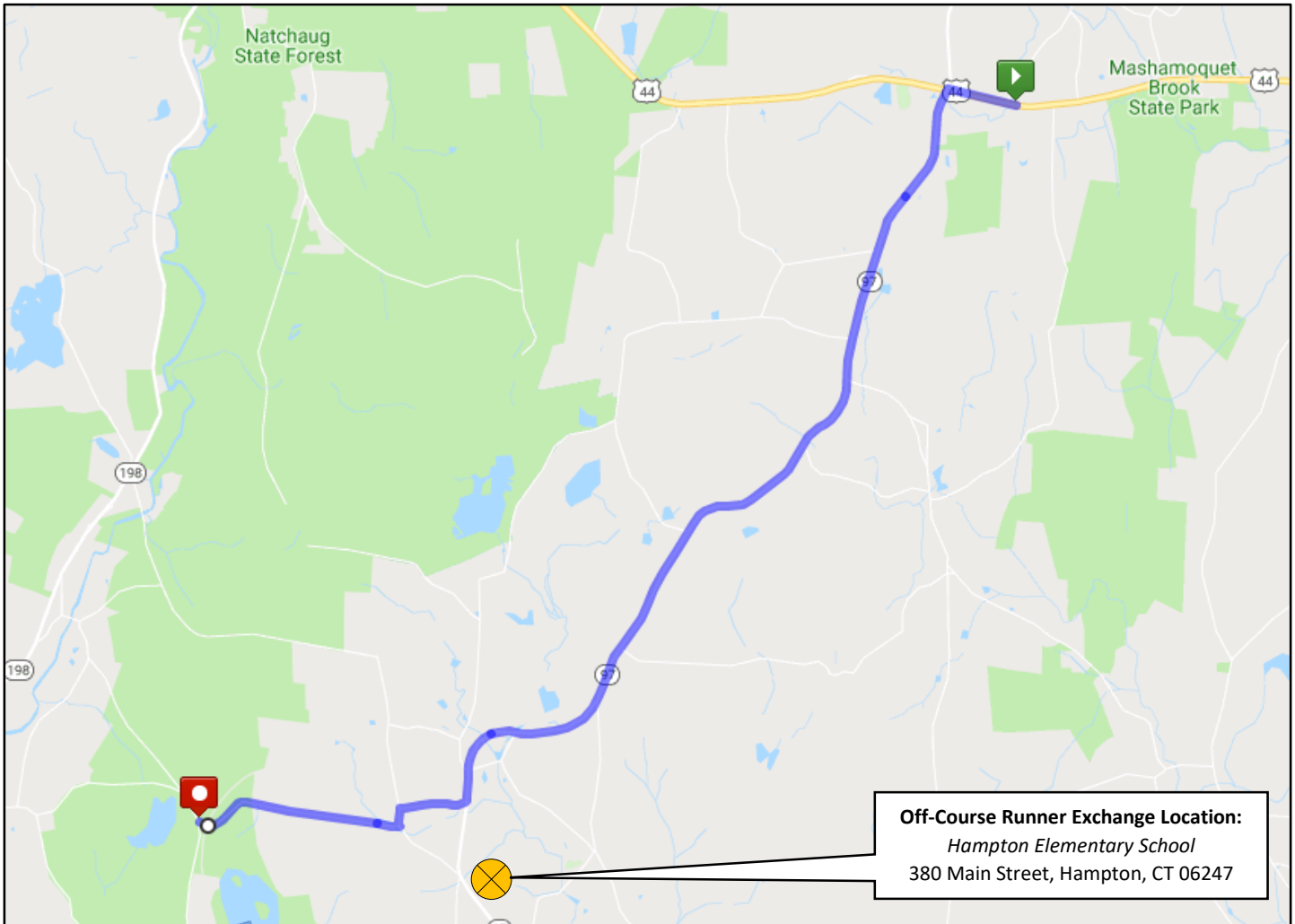
- Stay on sidewalk / bikeway / trail where applicable
- Use caution crossing streets
- Follow directional signs

Driving Details

Driving Directions to Exchange Zone #9 Parking: Estabrooks Road @ 11th Section Road, Hampton, CT 06247

Driving Distance: 7.7 miles

Estimated Drive Time: 13 minutes



1. Turn right and head west on US-44 W (Mashamoquet Road)
2. Turn left onto CT-97 S (Hampton Road)
3. Turn right on Utley Road
4. Turn left on Station Road
5. Turn right on Estabrooks Road
6. Arrive at Exchange Zone #9 (CAUTION: RUNNERS MAY BE CROSSING ESTABROOKS ROAD)

Parking Note: No formal parking lot, park responsibly along Estabrooks Road and 11th Section Road.