



(M) MILES
(ELEV) ELEVATION



- THE 10K ROUTE -
START ON MONTAUK AVE. OUTSIDE OF LAWRENCE AND MEMORIAL HOSPITAL, HEADING SOUTH. TURN RIGHT ONTO LOWER BLVD. TURN LEFT ONTO GLENWOOD AVE. TURN LEFT ONTO PEQUOT AVE. TURN LEFT ONTO THAMES ST.
- (2ND LOOP) -
TURN LEFT ONTO MONTAUK AVE. TURN RIGHT ONTO LOWER BLVD. TURN LEFT ONTO GLENWOOD AVE. TURN RIGHT ONTO PEQUOT AVE. TURNAROUND AT THE CONE AND HEAD NORTH ON PEQUOT AVE. TURN LEFT ONTO THAMES ST. TURN RIGHT ONTO MONTAUK AVE. HEADING NORTH TO FINISH

LOOP 1
LOOP 2

TURNAROUND ON 2ND LOOP ONLY