



- THE 5K ROUTE -
START ON MONTAUK AVE.
OUTSIDE OF LAWRENCE
AND MEMORIAL HOSPITAL,
HEADING SOUTH. TURN
RIGHT ONTO LOWER BLVD.
TURN LEFT ONTO GLEN-
WOOD AVE. TURN LEFT
ONTO PEQUOT AVE. TURN
LEFT ONTO THAMES ST.
TURN RIGHT ONTO
MONTAUK AVE. HEADING
NORTH TO FINISH