

**TRAFFIC ALERT  
NEW LONDON RESIDENTS**

**Saturday, July 16, 2022**

YaleNewHavenHealth  
Lawrence + Memorial Hospital



**PLEASE EXPECT DELAYS AND DETOURS**

Over 400 participants will be on the roads of New London as the L+M Hospital Summer Stride 10K & 5K runs through the city. To assist with travel plans on race day, please see the road impact chart below. Please be aware of runners on the road, and use caution.

**Thank you for your support and cooperation**

<b>STREETS USED FOR RACE</b>	<b>EXPECT DELAYS</b>
Montauk Avenue (Fair Harbour PI – Converse PI)	<b>CLOSED: 7:30 AM – 10:30 AM</b>
Montauk Avenue (Converse PI – Pequot Ave) Lower Boulevard Glenwood Ave (Lower Blvd – Pequot Ave)	7:45 AM – 9:00 AM
Pequot Ave (Montauk Ave – Thames St) Thames Street	8:00 AM – 9:30 AM

For more information and a detailed map of the streets used for the race, please visit [www.hartfordmarathon.com](http://www.hartfordmarathon.com) and click on the L + M Hospital Spring Stride event tab. Questions call 860-652-8866.