



10K ROUTE

- LOOP 1 =
- LOOP 2 =



10K COURSE: START ON MONTAUK, NEXT TO L+M HOSPITAL HEADING SOUTH. LEFT ON GARDNER AVENUE. RIGHT ON PEQUOT AVENUE. RIGHT ON GLENWOOD. LEFT ON MONTAUK. LEFT ON PEQUOT. LEFT ON THAMES. LEFT ON MONTAUK, LEFT ON GARDNER. RIGHT ON PEQUOT. RIGHT ON GLENWOOD. LEFT ON MONTAUK. RIGHT ON PEQUOT. U-TURN ON PEQUOT AND THEN CONTINUE NORTH. LEFT ON THAMES. RIGHT ON MONTAUK. RIGHT INTO L+M HOSPITAL PARKING LOT TO FINISH.

