

4 x Circuits of 7.5 kilometers

30 Km SPRING TUNEUP

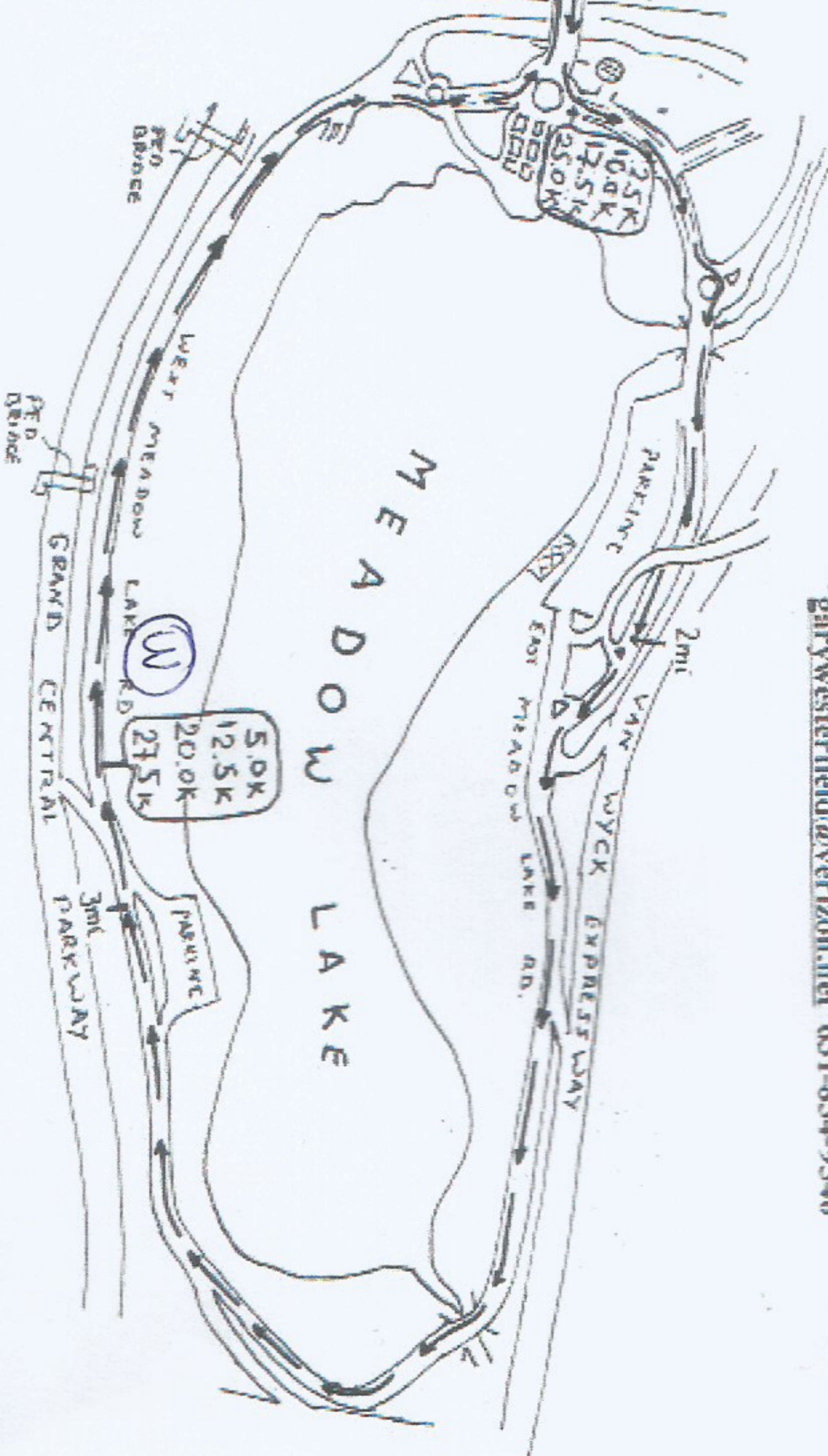
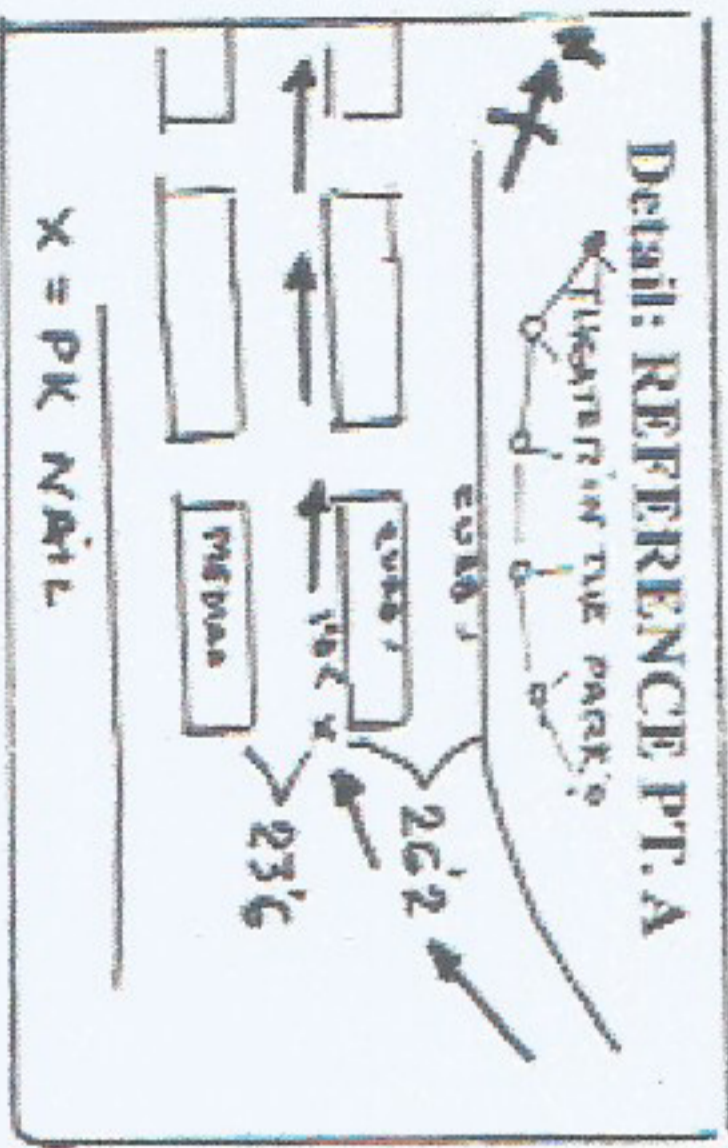
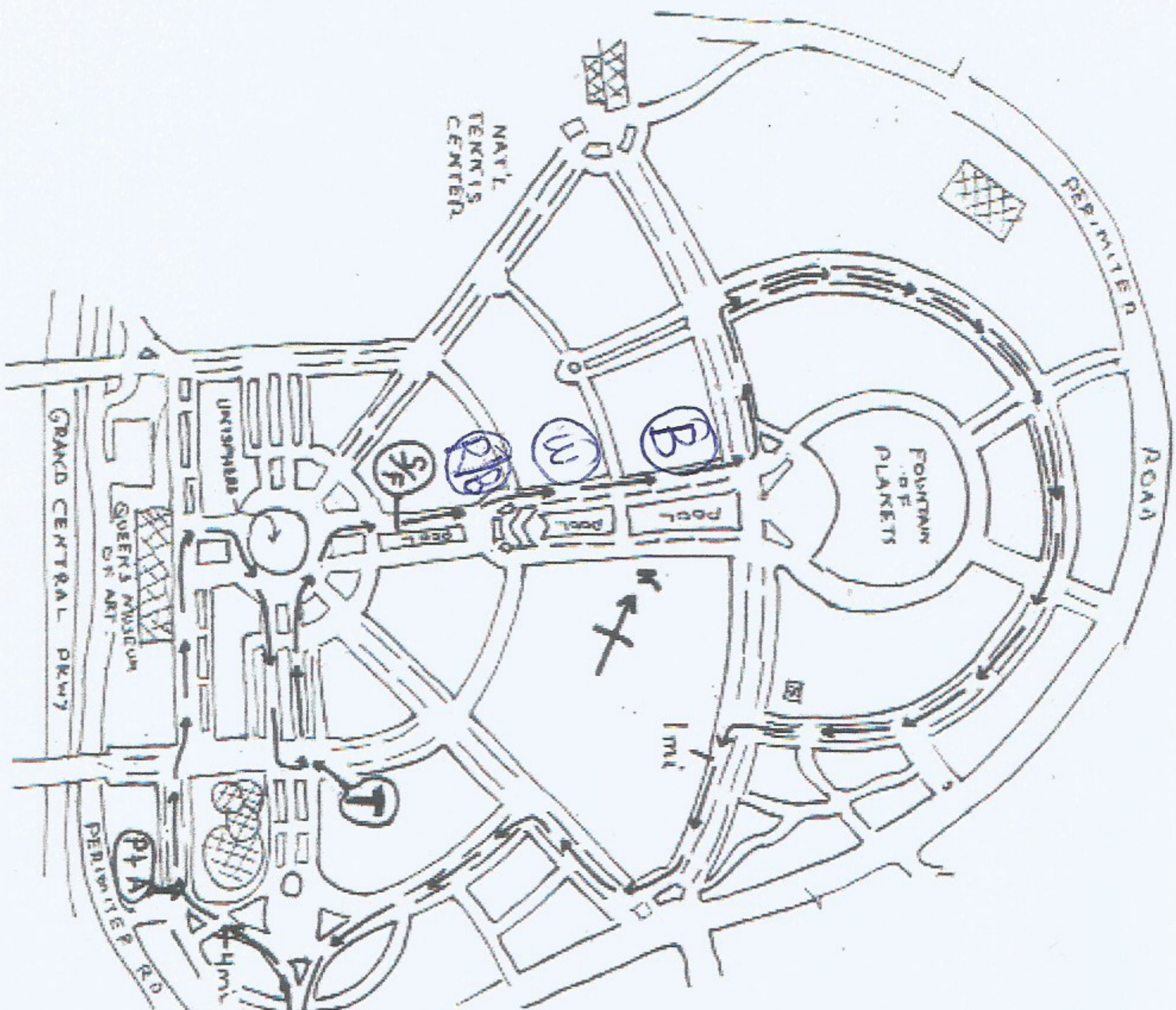
Flushing Meadows Corona Park

March 26th - Race Start 8 AM

Email Inquiries to gdrunners@gmail.com

- Key
- (S/F) Start/Finish
 - (T) Turnaround
 - (B) Bathroom
 - (W) Water station
 - (R1B) Registration/Baggage
 - (2.5K, 5.0K, 10.0K, 17.5K, 25K) Kilometer markers

Measured by G. Westerfield 01/15/2016 & 01/22/2016
garywesterfield@verizon.net 631-834-9340



MILE & KILO MARK LOCATIONS ON ONE CIRCUIT FROM THE COMMON S/F
 1 mi: 14 ft N of hydrant; 2.5/10/17.5/25k: 2m W of entrance to Lake Mall; 2 mi: @ pole V138; 3 mi: @ start to exit to parking; 5/12.5/20/27.5k: 3rd light pole N of exit to Grand Central Pkwy; 4 mi: 1 m W of intersection.