

OCEAN TO SOUND RELAY
SEPTEMBER 22, 2019
RUNNER COURSE INSTRUCTIONS
LEG 7

GENERAL DESCRIPTION 7.30 MILES--LONGEST LEG WITH LONG STEEP UPHILL ON ROUTE 25A

START: FIELD-WEST SIDE OF SHORE ROAD & SPRING STREET (COLD SPRING HARBOR)

FINISH: BROOKVILLE REFORMED CHURCH (MUTTONTOWN)

- 0.0 miles START IN FIELD AT THE INTERSECTION OF SHORE DRIVE AND SPRING STREET. RUN ON GRASS TO RIGHT OF BUILDING
- 0.03 miles TURN RIGHT ONTO ROUTE 25A (NORTH HEMPSTEAD TURNPIKE)
- 0.86 miles TURN RIGHT AT INTERSECTION WITH LAWRENCE HILL ROAD TO STAY ON ROUTE 25A. IF POSSIBLE CROSS ROUTE 25A AT INTERSECTION AND RUN FACING UNCOMING TRAFFIC. OTHERWISE, TURN RIGHT TO STAY ON ROUTE 25A AND CROSS ROUTE 25A TO RUN FACING UNCOMING TRAFFIC WHEN IT IS SAFE TO DO SO.
- 1.00 miles **50 Feet East of Entrance to Cold Spring Harbor Fish Hatchery on Route 25A'**
- 1.70 miles CONTINUE STRAIGHT ON ROUTE 25A (NORTH HEMPSTEAD TURNPIKE) AT COLD SPRING ROAD
- 1.76 miles CONTINUE STRAIGHT ON ROUTE 25A (NORTH HEMPSTEAD TURNPIKE)
- 2.00 miles **300 Feet East of Intersection of Wildwood Drive and Route 25A**
- 3.00 miles **150 Feet West of Intersection of Yellow Cote Road and Route 25A**
- 3.42 miles CROSS BERRY HILL ROAD AND CONTINUE STRAIGHT ON ROUTE 25A (NORTHERN BOULEVARD) NOTE: NAME OF ROUTE 25A HAS CHANGED)
- 4.00 miles **400 Feet East of Intersection of Twin Ponds Lane and Route 25A**
- 4.37 miles CROSS SPLIT ROCK ROAD AND CONTINUE STRAIGHT ON ROUTE 25A (NORTHERN BOULEVARD)
- 4.91 miles CROSS ROUTE 106 (JERICHO OYSTER BAY ROAD) CONTINUE STRAIGHT ON ROUTE 25A (NORTHERN BOULEVARD)
- 5.00 miles **400 Feet West of Route 106 (Jericho Oyster Bay Road)**
- 6.00 miles **300 Feet West of Hoffman Center Entrance Road**
- 7.00 miles **850 Feet East of Brookville Road Near Mailbox 5694**
- 7.16 miles TURN LEFT ONTO BROOKVILLE ROAD. STAY ON LEFT SIDE OF ROAD.
- 7.29 miles TURN LEFT INTO THE BROOKVILLE REFORMED CHURCH DRIVEWAY
- 7.30 miles END LEG #7---RUN COMPLETELY THRU THE TIMING ZONE (BETWEEN THE CONES) TO THE LAST SET OF CONES WHERE YOUR NEXT LEG RUNNER SHOULD BE LOCATED