

1. Lynbrook 2.1-mile course. We will have the course marked with cones and monitors to direct you.
2. The start is on the track aligned with the track shack. It will be marked and official will be present.
3. Runners will do 1.5 loops on the track then enter a path that goes around the baseball fields.
4. Enter the service road through an open gate near the softball field and continue on the service road.
5. You will be directed around the tennis courts going back to the track.
6. Enter the track and exit the track on the far side through the open gate that you ran through on the first loop
7. Repeat the loop again.
8. When you enter the track after your second loop you will run to the finish chute.
9. Finish chute is on the opposite side of the track. You can see the finish chute from the start line.