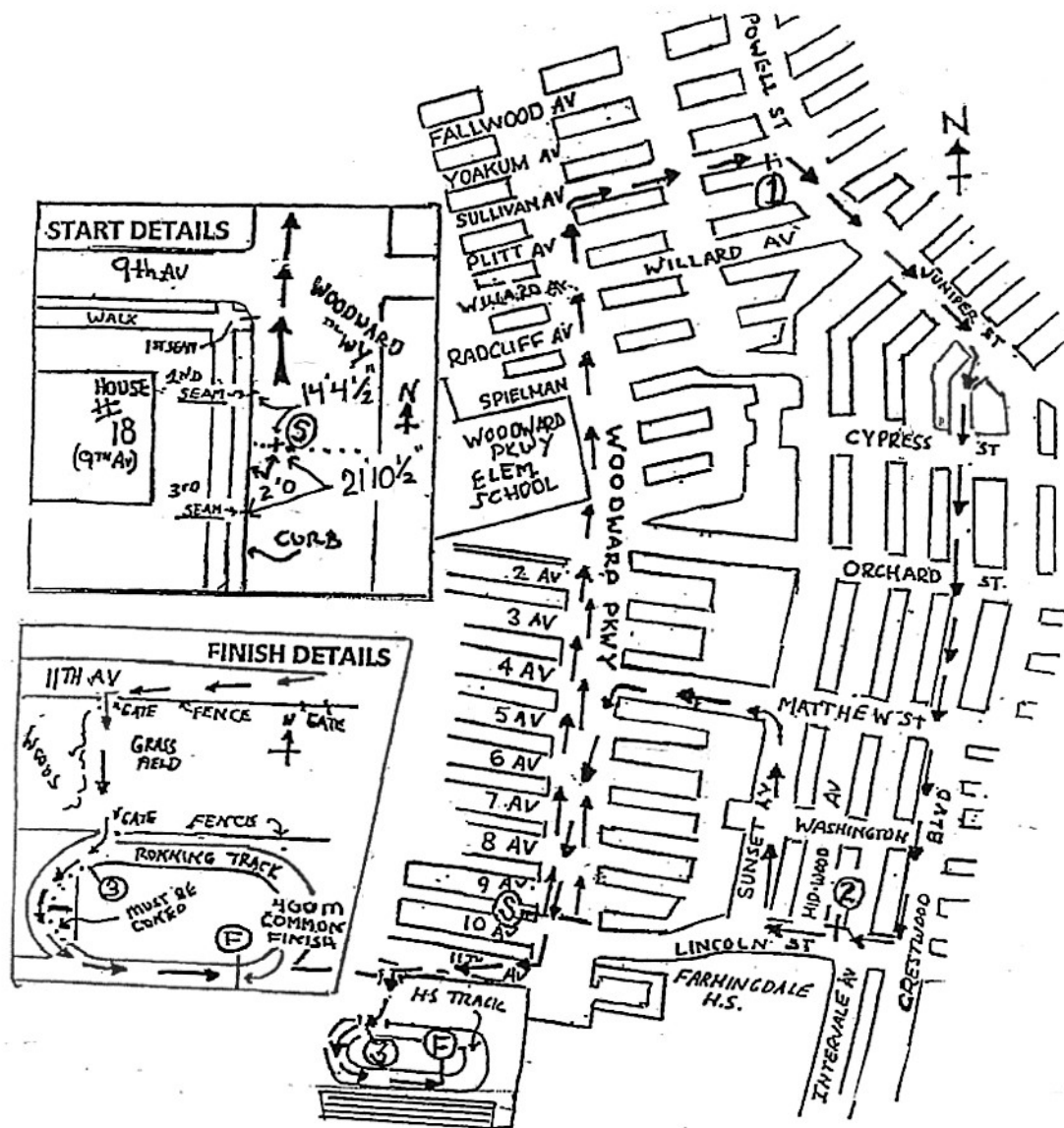


# Long Island Women's 5k Run

## Farmingdale, New York



**COURSE NARRATIVE:** Runners have full use of all roadways & may take the shortest route possible.

**START:** W-side of Woodward Pkwy, S of 9<sup>th</sup> Av, marked by PK nail & white "+" 2ft E of concrete curb, 14'4.5" SE of 2<sup>nd</sup> curb seam S of corner, & 21'10.5" NE of 3<sup>rd</sup> seam. Run N on Woodward. Turn right (E) on Sullivan Av. Pass 1Mile: S-side Sullivan, 10ft W of stop sign at Powell St. Turn right (SE) on Powell which becomes Juniper St S of Willard Av. Turn right (S) on Crestwood Blvd, & right (W) on Lincoln St. Pass 2Miles: N-side of Lincoln, midway between walk & driveway house #107. Turn right (N) on Sunset Av, left (W) on Matthew St, left (S) on Woodward Pkwy & right (W) on 11<sup>th</sup> Av. Turn left (S) at 2<sup>nd</sup> gate to Farmingdale HS athletic fields. Run S to cross grass (75m). At gate, enter 400m running track. Run SW to S to SE to E (counterclockwise) in lane 1. Pass 3Miles: @ Lane 1 & start of steeple chase (SC) cutout. To keep runners out of SC water jump area, place cones to the inside of the Lane 1 marking. Run E to the 400m Common Finish: 2 last white line across the track before (W) of the 1<sup>st</sup> curve.

Measured-6/10/2023 By: G Westerfield, AIMS B Measurer, [garywesterfield@verizon.net](mailto:garywesterfield@verizon.net)

Re-certification of NY13081JG