

OCEAN TO SOUND RELAY
SEPTEMBER 23, 2018
REVISED COURSE DESCRIPTION
LEG 1

GENERAL DESCRIPTION: 5.90 MILES--ALL FLAT
START: JONES BEACH STATE PARK FIELD #2
FINISH: CEDAR CREEK PARK (SEAFORD)

0.0 miles START ON BOARDWALK AT EAST END OF JONES BEACH PARKING FIELD #2

SUPPORT VEHICLES: THE RUNNERS PROCEED THRU JONES BEACH STATE PARK. THE FIRST ACCESS TO RUNNERS BY SUPPORT VEHICLES IS APPROXIMATELY 1.75 MILES INTO THE RACE ALONG THE NORTHBOUND WANTAGH PARKWAY.

0.15 miles GO STRAIGHT DOWN RAMP TO CONCRETE SIDEWALK WHEN BOARDWALK TURNS LEFT

0.17 miles TURN LEFT ONTO CONCRETE SIDEWALK AND FOLLOW AS IT CURVES RIGHT

0.32 miles FOLLOW CONCRETE SIDEWALK AS IT CURVES RIGHT AND TURN LEFT ONTO RAMP TO BOARDWALK

0.60 miles FOLLOW BOARDWALK AS IT PASSES MAIN BEACH AT FLAGPOLE

0.87 miles FOLLOW BOARDWALK AS IT TURNS LEFT AND THEN CURVES RIGHT (DO NOT GO DOWN RAMP TO CONCRETE SIDEWALK)

0.94 miles TURN LEFT AND AN IMMEDIATE SECOND LEFT ONTO PATH JUST BEFORE EAST BATH HOUSE

1.00 miles On Path near back of East Bath House

1.01 miles FOLLOW PATH THROUGH HIGHWAY UNDERPASS

1.07 miles TURN LEFT AT BICYCLE PATH IMMEDIATELY AFTER UNDERPASS AND FOLLOW FOR SEVERAL MILES

2.00 miles 250 Feet North of Northern tip of Northbound Wantagh Parkway U-Turn Lane

3.00 mile 200 Feet South of Toll Booth Structure

4.00 miles 0.66 miles north of end of Goose Creek bridge connecting Green Island to Grand Island

5.00 miles 0.50 miles north of bridge over Flat Creek

5.88 miles FOLLOW BIKE PATH AS IT CURVES RIGHT INTO CEDAR CREEK PARK

5.90 miles END LEG #1---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

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REVISED COURSE DESCRIPTION
LEG 2

GENERAL DESCRIPTION: 6.06 MILES--ALL FLAT

START: CEDAR CREEK PARK (SEAFORD)

FINISH: MASSAPEQUA PRESERVE (NORTH MASSAPEQUA)

0.0 miles	START ON PATH SEVERAL YARDS EAST OF WHERE BIKE PATH ENTERS CEDAR CREEK PARK
0.01 miles	BEAR RIGHT ON PATH
0.05 miles	NEAR BATHROOM TURN LEFT AND THEN IMMEDIATELY TURN RIGHT TO BEGIN RUNNING ON CEDAR CREEK PARK DRIVE
0.18 miles	CONTINUE STRAIGHT AND THEN BEAR LEFT ON CEDAR CREEK PARK DRIVE---DO NOT BEAR RIGHT AS THE ROAD SPLITS
0.85 miles	EXIT CEDAR CREEK PARK AND MAKE RIGHT TURN ONTO MERRICK ROAD
1.00 miles	50 Feet East of Intersection of Spruce Street and Merrick Road
2.00 miles	100 Feet West of Intersection of Washington Ave and Merrick Road
3.00 miles	100 Feet West of Intersection of Lakeshore Drive and Merrick Road
3.48 miles	TURN LEFT TURN AT PARK BOULEVARD
4.00 miles	Intersection of Harmony Drive and Park Boulevard
4.26 miles	CROSS SUNRISE HIGHWAY AND CONTINUE ON PARK BOULEVARD
5.00 miles	50 South of Intersection of Hayes Street and Park Boulevard
5.17 miles	BEAR RIGHT ONTO LAKE SHORE BOULEVARD AS PARK BOULEVARD ENDS
5.90 miles	TURN LEFT TURN ONTO WALKER STREET
6.00 miles	50 feet before entering Massapequa Preserve Parking Lot
6.01 miles	BEAR RIGHT AS WALKER STREET ENTERS MASSAPEQUA PRESERVE AND RUN ON RIGHT SIDE OF PARKING LOT
6.06 miles	END LEG #2---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

OCEAN TO SOUND RELAY
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REVISED COURSE DESCRIPTION
LEG 3

GENERAL DESCRIPTION: 6.22 MILES--MOSTLY FLAT WITH ROLLING HILLS ON ROUND SWAMP ROAD

START: MASSAPEQUA PRESERVE (NORTH MASSAPEQUA)

FINISH: OLD BETHPAGE ELEMENTARY SCHOOL (OLD BETHPAGE)

0.0 miles START ON NORTH SIDE OF PARKING LOT OF MASSAPEQUA PRESERVE

SUPPORT VEHICLES: THE RUNNERS FOLLOW THE BIKE PATH THRU MASSAPEQUA PRESERVE. THE FIRST ACCESS TO RUNNERS BY SUPPORT VEHICLES IS APPROXIMATELY 2 MILES INTO THE LEG ALONG THE NORTHBOUND BETHPAGE PARKWAY. SUPPORT VEHICLES EXIT THE PARKING LOT VIA WALKER STREET, TURN LEFT ONTO LAKE SHORE BOULEVARD, TURN LEFT ONTO N. LINDEN STREET, AND TURN RIGHT ONTO THE BETHPAGE STATE HIGHWAY,

0.05 miles MAKE RIGHT TURN ONTO THE BICYCLE PATH

0.35 miles CROSS N. LINDEN STREET AND CONTINUE ON THE BICYCLE PATH AS IT PARALLELS THE BETHPAGE STATE PARKWAY.

1.00 miles 0.31 Miles North of Intersection of Bicycle Path and Bicycle Path Extension to Bridge Over Bethpage Parkway

1.41 miles CROSS BETHPAGE PARKWAY EXIT RAMP FOR BOUNDARY AVENUE

2.00 miles 0.24 miles South of Route 24 (Hempstead Turnpike) Entrance/Exit Ramp

2.24 miles CROSS BETHPAGE PARKWAY EXIT RAMP FOR ROUTE 24 (HEMPSTEAD TURNPIKE)

2.94 miles BEAR RIGHT ONTO EXIT RAMP FROM BETHPAGE STATE PARKWAY TO CENTRAL AVENUE

3.00 miles Halfway between Bike Path and Central Avenue on Bethpage State Parkway exit ramp

3.04 miles MAKE LEFT ONTO CENTRAL AVENUE AND FOLLOW AS IT CHANGES ITS NAME TO MERRITTS ROAD

3.43 miles TURN LEFT AT QUAKER MEETING HOUSE ROAD

4.00 miles 100 feet West of turn to Round Swamp Road

4.02miles TURN LEFT ONTO ROUND SWAMP ROAD

4.75 miles STAY LEFT ON ROUND SWAMP ROAD AT WINDING ROAD

5.00 miles Approximately at end of brick wall 1/4 mile north of intersection of Winding Road and Round Swamp Road

6.00 miles 150 feet North of Intersection of Haypath Road and Round Swamp Road

6.18 miles TURN RIGHT INTO ENTRANCE OF OLD BETHPAGE ELEMENTARY SCHOOL

6.22 miles END LEG #3---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

OCEAN TO SOUND RELAY
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REVISED COURSE DESCRIPTION
LEG 4

GENERAL DESCRIPTION: 5.80 MILES--MOSTLY FLAT WITH ROLLING HILLS ON PLAINVIEW ROAD AND A
STEEP DOWNHILL ON AVERY ROAD

START: COLD BETHPAGE ELEMENTARY SCHOOL (OLD BETHPAGE)

FINISH: LIRR COLD SPRING HARBOR TRAIN STATION PARKING LOT

0.0 miles	START ON DRIVEWAY OF OLD BETHPAGE ELEMENTARY SCHOOL
0.08 miles	TURN RIGHT ONTO ROUND SWAMP ROAD
0.96 miles	BEAR LEFT APPROACHING OLD COUNTRY ROAD
1.00 miles	Middle of traffic lane from Old Country Road to Round Swamp Road
1.03 miles	CONTINUE ON OLD COUNTRY ROAD
1.52 miles	TURN RIGHT ONTO EAST BETHPAGE ROAD
2.00 miles	At Fire Hydrant in Front of 201 East Bethpage Road
2.16 miles	TURN RIGHT ONTO WASHINGTON AVENUE WHICH BECOMES PLAINVIEW ROAD
3.00 miles	500 feet South of Intersection of Adelphi Drive and Washington Avenue (Near Telephone Pole With Transformer)
3.42 miles	WASHINGTON AVENUE BECOMES PLAINVIEW ROAD AT NORTHERN PARKWAY
4.00 miles	At Storm Sewer located in Front of 136 Plainview Road
4.43 miles	TURN RIGHT ONTO JERICHO TURNPIKE
4.46 miles	TURN LEFT ONTO AVERY ROAD
5.00 miles	400 feet South of Intersection of Pine Drive and Avery Road (Near NB Curve Sign)
5.36 miles	TURN RIGHT AT WOODBURY ROAD
5.78 miles	TURN RIGHT INTO ENTRANCE OF LIRR COLD SPRING HARBOR TRAIN STATION PARKING LOT
5.80 miles	END LEG #4---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

OCEAN TO SOUND RELAY
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REVISED COURSE DESCRIPTION
LEG 5

GENERAL DESCRIPTION: 6.53 MILES--HILLY WITH DOWNHILLS ON PEABODY ROAD AND TURKEY LANE

START: LIRR COLD SPRING HARBOR TRAIN STATION PARKING LOT

FINISH: MILL DAM BOAT DOCK (HUNTINGTON)

0.0 miles	START IN LIRR COLD SPRING HARBOR TRAIN STATION PARKING LOT
0.06 miles	EXIT PARKING LOT AND TURN RIGHT ONTO WOODBURY ROAD
0.35 miles	TURN LEFT AT THE TOP OF HILL.TO STAY ON WOODBURY ROAD
0.96 miles	TURN LEFT ONTO WOODLEE ROAD
1.00 miles	200 Feet West of Intersection of Woodlee Road & Woodbury Road
1.34 miles	ROAD TURNS RIGHT AND CHANGES NAME TO SAW MILL ROAD
1.41 miles	TURN RIGHT TO STAY ON SAW MILL ROAD
2.00 miles	TURN LEFT ONTO PEABODY ROAD
2.00 miles	Intersection of Saw Mill Road & Peabody Road
2.38 miles	TURN LEFT ONTO LAWRENCE HILL ROAD
2.43 miles	TURN RIGHT ONTO TURKEY LANE
3.00 miles	250 North of Intersection of Midland Street & Turkey Lane
3.16 miles	TURN RIGHT ONTO ROUTE 25A (MAIN STREET)
3.34 miles	TURN LEFT ONTO GOOSE HILL ROAD
4.00 miles	1100 Feet North of Intersection of Pond Field Court & Goose Hill Road
4.15 miles	TURN RIGHT ONTO HUNTINGTON ROAD
4.65 miles	TURN RIGHT ONTO WEST NECK ROAD
5.00 miles	50 Feet North of Intersection of Cider Mill Lane & West Neck Road
5.14 miles	TURN LEFT ONTO TANYARD LANE
5.56 miles	TURN RIGHT ONTO SOUTHDOWN ROAD
5.76 miles	CROSS WEST NECK ROAD/WALL STREET AND CONTINUE STRAIGHT ON CREEK ROAD
6.00 miles	300 Feet North of Hill Place & Creek Road
6.11 miles	BEAR LEFT APPROACHING ROUTE 110 (NEW YORK AVENUE)---STAY TO LEFT OF TRAFFIC CIRCLE
6.22 miles	TURN LEFT ONTO MILL DAM ROAD---STAY TO LEFT OF TRAFFIC CIRCLE
6.53 miles	END LEG #5---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

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LEG 6

GENERAL DESCRIPTION: 5.40 MILES--HILLY WITH A STEEP DOWNHILL ON SNAKE HILL ROAD

START: MILL DAM BOAT DOCK (HUNTINGTON)

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

0.0 miles	START ON MILL DAM ROAD
0.05 miles	TURN RIGHT ONTO WEST SHORE ROAD WHICH BECOMES BROWN'S ROAD
1.00 miles	150 Feet East of Intersection of Landing Road & West Shore Road
1.80 miles	TURN RIGHT ONTO SOUTHDOWN ROAD
2.00 miles	150 Feet North of Intersection of Abbington Drive & Southdown Road
2.64 miles	TURN LEFT ONTO MILL ROAD
3.00 miles	200 Feet East of Intersection of West Neck Road & Mill Road
3.03 miles	BEAR TO LEFT JUST BEFORE WEST NECK ROAD
3.04 miles	CROSS WEST NECK ROAD AND CONTINUE STRAIGHT ON MIDDLE HOLLOW ROAD
3.96 miles	TURN RIGHT ONTO JENNINGS ROAD
4.00 miles	150 Feet East of Intersection of Snake Hill Road and Jennings Road
4.02 miles	BEAR LEFT AS JENNINGS ROAD APPROACHES SNAKE HILL ROAD
4.04 miles	CONTINUE ON SNAKE HILL ROAD
4.76 miles	TURN LEFT ONTO SHORE DRIVE
5.00 miles	50 Feet Before Mailboxes 56/58/60 On Shore Drive
5.37 miles	BEAR RIGHT INTO FIELD JUST PRIOR TO THE INTERSECTION OF SHORE DRIVE AND SPRING STREET
5.40 miles	END LEG #6---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

OCEAN TO SOUND RELAY
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REVISED COURSE DESCRIPTION
LEG 7

GENERAL DESCRIPTION 7.23 MILES--TOUGHEST LEG WITH LONG STEEP UPHILL ON ROUTE 25A

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

FINISH: PELL LANE JUST WEST OF SOUTH WOODS ROAD (SYOSSET)

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 IF POSSIBLE CROSS ROUTE 25A AT INTERSECTION WITH LAWRENCE HILL ROAD AND TURN RIGHT TO STAY ON ROUTE 25A TO RUN FACING UNCOMING TRAFFIC. OTHERWISE, TURN RIGHT TO STAY ON ROUTE 25A AT THE INTERSECTION WITH LAWRENCE HILL ROAD 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

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 ON ROUTE 25A (NORTHERN BLVD)

4.00 miles 400 Feet East of Intersection of Twin Ponds Lane and Route 25A

4.37 miles TURN LEFT ONTO SPLIT ROCK ROAD

5.00 miles 350 feet North of Unnamed Road with Sign "Christian Fellowship House" on Split Rock Road

5.63 miles TURN LEFT ONTO SCHOOL HOUSE LANE

5.98 miles TURN RIGHT ONTO BERRY HILL ROAD

6.00 miles 100 Feet South of Intersection of School House Lane and Berry Hill Road

6.03 miles TURN LEFT ONTO RENEE ROAD

6.39 miles TURN LEFT ONTO COLD SPRING ROAD

6.71 miles TURN RIGHT ONTO CHELSEA ROAD

SUPPORT VEHICLES: DO NOT TURN ONTO CHELSEA ROAD. INSTEAD PROCEED STRAIGHT ON COLD SPRING ROAD APPROXIMATELY 1/4 MILE AND TURN RIGHT ONTO SOUTH WOODS ROAD. PARK AT SYOSSET HIGH SCHOOL ON RIGHT APPROXIMATELY 1/2 MILE AHEAD.

6.85 miles TURN RIGHT ONTO WILSHIRE DRIVE

6.94 miles TURN LEFT AT PELL LANE

7.00 miles 300 Feet East of Intersection of Wilshire Drive and Pell Lane

7.23 miles END LEG #7---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE BEFORE PASSING IT TO NEXT RUNNER

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LEG 8

GENERAL DESCRIPTION: 6.27 MILES-MOSTLY FLAT WITH DOWNHILL ON SUGAR TOMS LANE

START: PELL LANE JUST WEST OF SOUTH WOODS ROAD (SYOSSET)

FINISH: LIRR OYSTER BAY TRAIN STATION PARKING LOT (OYSTER BAY)

0.0 miles	START ON PELL LANE MAKE IMMEDIATE RIGHT ONTO SOUTH WOODS ROAD
0.57 miles	TURN RIGHT ONTO SYOSSET WOODBURY ROAD
1.00 miles	450 Feet West of Intersection of Jericho Road and Syosset-Woodbury Road
1.29 miles	BEAR LEFT ONTO COLD SPRING ROAD
1.54 miles	TURN RIGHT ONTO WOODBURY WAY
1.85 miles	CROSS BERRY HILL ROAD AND CONTINUE STRAIGHT ON HORTON PLACE
1.96 miles	HORTON PLACE BECOMES ELLIMAN PLACE AT ANITA AVENUE
2.00 miles	200 Feet West of Intersection of Anita Avenue and Elliman Place
2.10 miles	TURN RIGHT ONTO SPLIT ROCK ROAD
3.00 miles	600 Feet East of Intersection of Waterford Way and Split Rock Road
3.47 miles	CROSS NORTHERN BOULEVARD AND CONTINUE ON SUGAR TOMS LANE
4.00 miles	300 Feet Southeast of Whitney Avenue
4.41 miles	TURN RIGHT ONTO PINE HOLLOW ROAD
5.00 miles	150 Feet South of Intersection of Pine Drive and Pine Hollow Road
5.33 miles	TURN LEFT ONTO LEXINGTON AVENUE
5.87 miles	TURN LEFT ONTO WEST MAIN STREET
5.97 miles	TURN RIGHT ONTO LARRABE AVENUE
6.00 miles	150 Feet North of Intersection of West Main Street and Larrabe Avenue
6.12 miles	TURN RIGHT ONTO SHORE AVENUE, IMMEDIATELY CROSS SHORE AVE, AND ENTER THE LIRR OYSTER BAY TRAIN STATION PARKING LOT
6.27 miles	END LEG #8---REMEMBER TO SWIPE TIMING CHIP OVER TIMING UNIT LOCATED ON TABLE AND RETURN TIMING CHIP TO RACE OFFICIALS