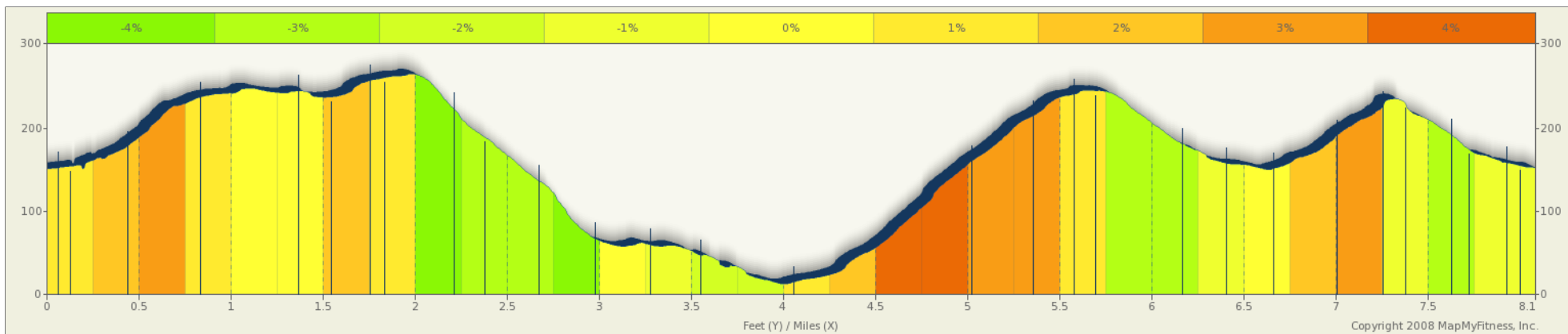
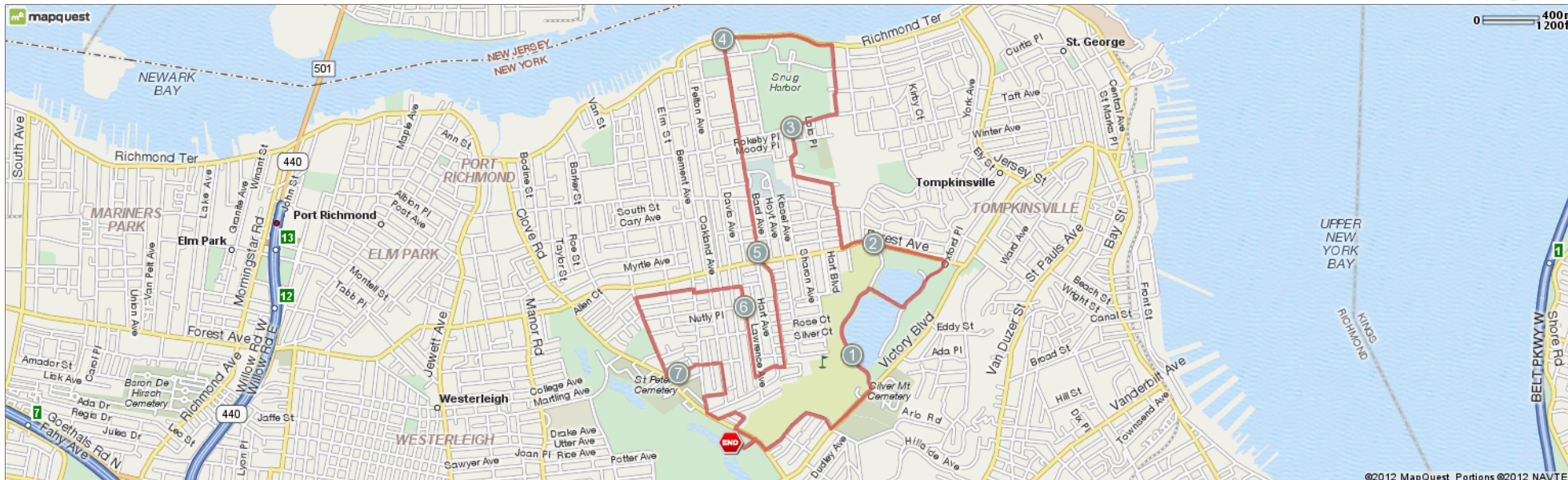


Captain "G" Long Run

Starts In New York, New York

8.02 miles

Elevation: 295ft Max, 0ft Min, +400ft Ascent, -400ft Descent, 2.7% Max Climb, 5 Climbs



Description
Clove Lakes - Silver lake - Randall Manor - Snug Harbor - West Brighton - Sunset Hill - Clove lakes

Captain "G" Long Run

Starts In New York, New York

Notes		
AT	FOR	NOTES
0.06 mi.		318ft Head northeast on Park Dr toward Clove Rd
0.12 mi.		16ft Turn left onto Clove Rd
0.13 mi.		370ft Head southeast on Clove Rd toward Park Dr
0.2 mi.		1271ft Turn left onto Cheshire Pl
0.44 mi.		762ft Head east on Cheshire Pl toward Beverly Ave
0.58 mi.		1330ft Turn left onto Victory Blvd
0.83 mi.		25ft Head northeast on Victory Blvd toward Silver Lake Park Rd
0.84 mi.		2784ft Turn left onto Silver Lake Park Rd
1.36 mi.		54ft Head northeast on Silver Lake Park Rd
1.37 mi.		877ft Turn right
1.54 mi.		36ft Head southeast
1.55 mi.		33ft Turn left
1.55 mi.		803ft Turn left
1.71 mi.		215ft Slight right
1.75 mi.		435ft Head northeast

Notes		
AT	FOR	NOTES
1.83 mi.		62ft Head north toward Forest Ave
1.84 mi.		1898ft Turn left onto Forest Ave
2.2 mi.		568ft Head west on Forest Ave toward Brighton Ave
2.31 mi.		318ft Turn right onto Randall Ave
2.37 mi.		662ft Head north on Randall Ave toward Delafield Ave
2.49 mi.		43ft Turn left onto Castleton Ave
2.5 mi.		564ft Turn right onto N Randall Ave
2.61 mi.		288ft Turn left onto Penbroke Ave
2.66 mi.		608ft Head west on Penbroke Ave toward Conyningham Ave
2.78 mi.		434ft Turn right onto Conyningham Ave
2.86 mi.		167ft Turn right onto Springhill Ave
2.89 mi.		390ft Springhill Ave turns left and becomes Brentwood Ave

Notes		
AT	FOR	NOTES
2.97 mi.		256ft Head north on Brentwood Ave toward Henderson Ave
3.01 mi.		1093ft Turn right onto Henderson Ave
3.22 mi.		225ft Turn left onto Tysen St
3.26 mi.		1444ft Head north on Tysen St toward Cassidy Pl
3.54 mi.		11ft Head north on Tysen St toward Richmond Terrace
3.54 mi.		2562ft Turn left onto Richmond Terrace
4.02 mi.		108ft Turn left onto Bard Ave
4.04 mi.		5067ft Head south on Bard Ave toward Delafield Pl
5 mi.		215ft Head south on Bard Ave toward Forest Ave
5.05 mi.		33ft Turn left onto Forest Ave
5.05 mi.		1491ft Turn right onto City Blvd
5.33 mi.		1144ft Head south on City Blvd toward Birch Ave

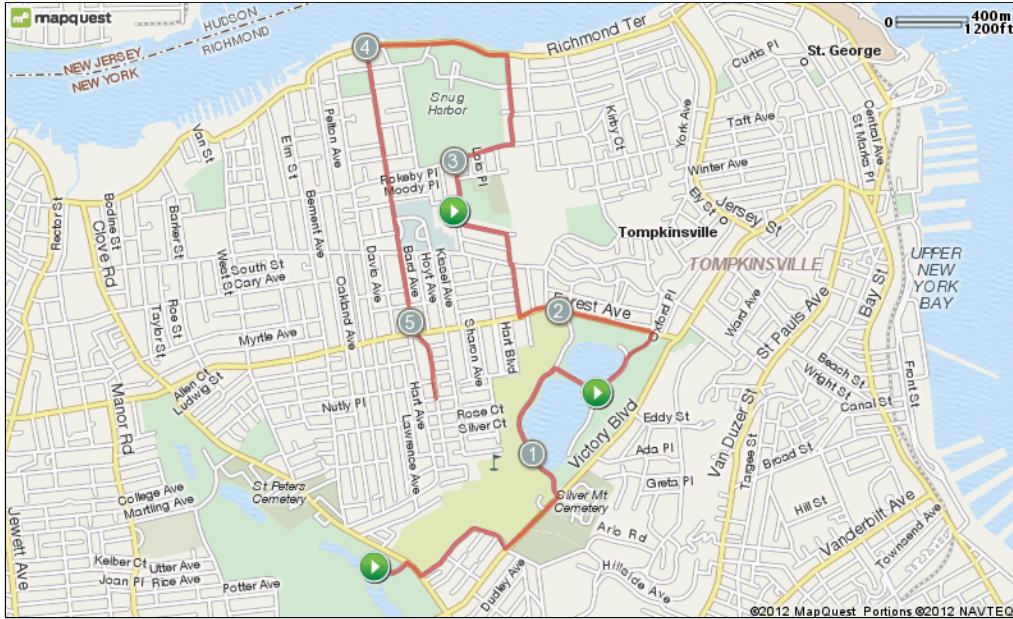
Captain "G" Long Run

Starts In New York, New York

Notes			
AT	FOR	NOTES	
5.55 mi.		42ft	Turn right onto Herkimer St
5.56 mi.		146ft	Head west on Herkimer St toward Bard Ave
5.59 mi.		56ft	Turn right onto Bard Ave
5.6 mi.		411ft	Turn left onto Parkview Pl
5.67 mi.		164ft	Head southwest on Parkview Pl toward Lawrence Ave
5.71 mi.		2221ft	Turn right onto Lawrence Ave
6.13 mi.		82ft	Turn left onto Morrison Ave
6.14 mi.		1007ft	Head west on Morrison Ave toward Davis Ave
6.33 mi.		100ft	Turn right onto Bement Ave
6.35 mi.		166ft	Turn left onto Morrison Ave
6.38 mi.		1192ft	Head west on Morrison Ave toward N Burgher Ave
6.61 mi.		161ft	Turn left onto Broadway

Notes			
AT	FOR	NOTES	
6.64 mi.		1795ft	Head south on Broadway toward E Raleigh Ave
6.98 mi.		59ft	Head south on Broadway toward Clove Rd
6.99 mi.		40ft	Turn left onto Clove Rd
7 mi.		289ft	Turn left onto Tyler Ave
7.05 mi.		540ft	Head east on Tyler Ave toward Bement Ave
7.15 mi.		406ft	Continue onto Whitewood Ave
7.23 mi.		79ft	Head east on Whitewood Ave toward Oakland Ave
7.25 mi.		329ft	Turn right onto Oakland Ave
7.31 mi.		226ft	Head south on Oakland Ave
7.35 mi.		196ft	Head south on Oakland Ave toward Starr Ave
7.39 mi.		205ft	Turn right onto Starr Ave
7.43 mi.		300ft	Head west on Starr Ave toward Bement Ave
7.48 mi.		225ft	Turn left onto Bement Ave

Notes			
AT	FOR	NOTES	
7.53 mi.		175ft	Head south on Bement Ave toward Clove Rd
7.56 mi.		235ft	Turn left onto Clove Rd
7.6 mi.		71ft	Head southeast on Clove Rd toward Greenway
7.62 mi.		405ft	Turn left onto Greenway Dr
7.69 mi.		27ft	Head northeast on Greenway Dr toward Fairwa
7.7 mi.		245ft	Turn right onto Fairway Ln
7.75 mi.		329ft	Head southwest on Fairway Ln toward Putters
7.81 mi.		532ft	Head southeast on Clove Rd toward Park Dr
7.91 mi.		633ft	Turn right onto Park Dr
8.03 mi.	<input type="checkbox"/>	141ft	Direct/ offroad route segment:40.6184400000001:-74.10693:12775.0
8.06 mi.	<input type="checkbox"/>		Direct/ offroad route segment:40.61878644834964:-74.10799671252

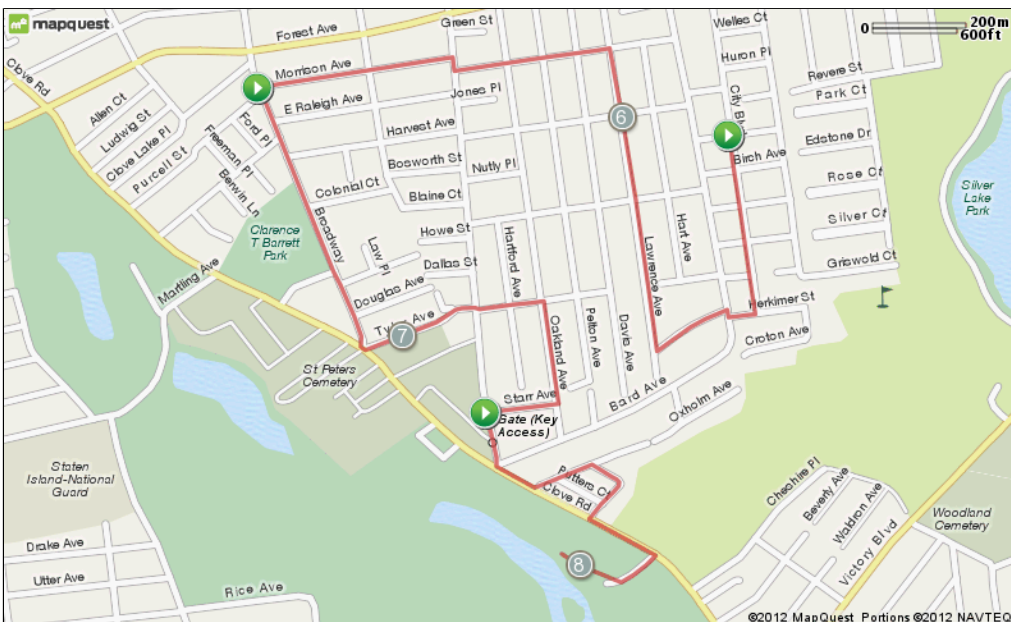


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 Distance values on this map may differ slightly from values reported on the route engine.

Notes		
AT	FOR	NOTES
0.06 mi.	318ft	Head northeast on Park Dr toward Clove Rd
0.12 mi.	16ft	Turn left onto Clove Rd
0.13 mi.	370ft	Head southeast on Clove Rd toward Park Dr
0.2 mi.	1271ft	Turn left onto Cheshire PI
0.44 mi.	762ft	Head east on Cheshire PI toward Beverly Ave
0.58 mi.	1330ft	Turn left onto Victory Blvd
0.83 mi.	25ft	Head northeast on Victory Blvd toward Silver Lake Park Rd
0.84 mi.	2784ft	Turn left onto Silver Lake Park Rd
1.36 mi.	54ft	Head northeast on Silver Lake Park Rd
1.37 mi.	877ft	Turn right
1.54 mi.	36ft	Head southeast
1.55 mi.	33ft	Turn left
This segment shows 1.55 mi. (8,203 ft.) of your route.		

Notes		
AT	FOR	NOTES
1.55 mi.	803ft	Turn left
1.71 mi.	215ft	Slight right
1.75 mi.	435ft	Head northeast
1.83 mi.	62ft	Head north toward Forest Ave
1.84 mi.	1898ft	Turn left onto Forest Ave
2.2 mi.	568ft	Head west on Forest Ave toward Brighton Ave
2.31 mi.	318ft	Turn right onto Randall Ave
2.37 mi.	662ft	Head north on Randall Ave toward Delafield Ave
2.49 mi.	43ft	Turn left onto Castleton Ave
2.5 mi.	564ft	Turn right onto N Randall Ave
2.61 mi.	288ft	Turn left onto Penbroke Ave
2.66 mi.	608ft	Head west on Penbroke Ave toward Conyngam Ave
2.78 mi.	434ft	Turn right onto Conyngam Ave
This segment shows 1.31 mi. (6,896 ft.) of your route.		

Notes		
AT	FOR	NOTES
2.86 mi.	167ft	Turn right onto Springhill Ave
2.89 mi.	390ft	Springhill Ave turns left and becomes Brentwood Ave
2.97 mi.	256ft	Head north on Brentwood Ave toward Henderson Ave
3.01 mi.	1093ft	Turn right onto Henderson Ave
3.22 mi.	225ft	Turn left onto Tysen St
3.26 mi.	1444ft	Head north on Tysen St toward Cassidy PI
3.54 mi.	11ft	Head north on Tysen St toward Richmond Terrace
3.54 mi.	2562ft	Turn left onto Richmond Terrace
4.02 mi.	108ft	Turn left onto Bard Ave
4.04 mi.	5067ft	Head south on Bard Ave toward Delafield PI
5 mi.	215ft	Head south on Bard Ave toward Forest Ave
5.05 mi.	33ft	Turn left onto Forest Ave
5.05 mi.	1491ft	Turn right onto City Blvd
This segment shows 2.47 mi. (13,062 ft.) of your route.		



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 Find this route online at mapmyrun.com/routes/view/131819789
 Distance values on this map may differ slightly from values reported on the route engine.

Notes		
AT	FOR	NOTES
5.33 mi.	1144ft	Head south on City Blvd toward Birch Ave
5.55 mi.	42ft	Turn right onto Herkimer St
5.56 mi.	146ft	Head west on Herkimer St toward Bard Ave
5.59 mi.	56ft	Turn right onto Bard Ave
5.6 mi.	411ft	Turn left onto Parkview PI
5.67 mi.	164ft	Head southwest on Parkview PI toward Lawrence Ave
5.71 mi.	2221ft	Turn right onto Lawrence Ave
6.13 mi.	82ft	Turn left onto Morrison Ave
6.14 mi.	1007ft	Head west on Morrison Ave toward Davis Ave
6.33 mi.	100ft	Turn right onto Bement Ave
6.35 mi.	166ft	Turn left onto Morrison Ave
6.38 mi.	1192ft	Head west on Morrison Ave toward N Burgher Ave
6.61 mi.	161ft	Turn left onto Broadway
This segment shows 1.31 mi. (6,892 ft.) of your route.		

Notes		
AT	FOR	NOTES
6.64 mi.	1795ft	Head south on Broadway toward E Raleigh Ave
6.98 mi.	59ft	Head south on Broadway toward Clove Rd
6.99 mi.	40ft	Turn left onto Clove Rd
7 mi.	289ft	Turn left onto Tyler Ave
7.05 mi.	540ft	Head east on Tyler Ave toward Bement Ave
7.15 mi.	406ft	Continue onto Whitewood Ave
7.23 mi.	79ft	Head east on Whitewood Ave toward Oakland Ave
7.25 mi.	329ft	Turn right onto Oakland Ave
7.31 mi.	226ft	Head south on Oakland Ave
7.35 mi.	196ft	Head south on Oakland Ave toward Starr Ave
7.39 mi.	205ft	Turn right onto Starr Ave
7.43 mi.	300ft	Head west on Starr Ave toward Bement Ave
7.48 mi.	225ft	Turn left onto Bement Ave
This segment shows 0.89 mi. (4,688 ft.) of your route.		

Notes		
AT	FOR	NOTES
7.53 mi.	175ft	Head south on Bement Ave toward Clove Rd
7.56 mi.	235ft	Turn left onto Clove Rd
7.6 mi.	71ft	Head southeast on Clove Rd toward Greenway Dr
7.62 mi.	405ft	Turn left onto Greenway Dr
7.69 mi.	27ft	Head northeast on Greenway Dr toward Fairway Ln
7.7 mi.	245ft	Turn right onto Fairway Ln
7.75 mi.	329ft	Head southwest on Fairway Ln toward Putters Ct
7.81 mi.	532ft	Head southeast on Clove Rd toward Park Dr
7.91 mi.	633ft	Turn right onto Park Dr
8.03 mi.	<input type="checkbox"/> 141ft	Direct/ offroad route segment:40.61844000000001:-74.10693:12775.086079616629
8.06 mi.	<input type="checkbox"/>	Direct/ offroad route segment:40.61878644834964:-74.10799671252528:12873.12552684644
This segment shows 0.5 mi. (2,651 ft.) of your route.		