

Good Samaritan 10K Liverpool, NY 13088

START: The coincident START/FINISH line is the line between the steel poles to which are hinged the pair of gates separating the Long Branch parking area from the asphalt roadway that runs from the NW corner of the parking area to the shelters and Park office.

1 mile: Marked with a yellow dot on the west edge of the West Shore Trail, approx. 120 meters south of the sharp bend in the Trail located south of the northernmost shelter.

2 mile: Marked with a yellow dot on the west edge of the West Shore Trail, approximately midway along the straightaway closely paralleling I-690 and south of the southernmost intersection of the paved West Shore Trail and unpaved Lakeland Trail.

3 mile: Marked with a yellow dot on the south edge of Restoration Way on a perpendicular line from the center of the north wall of the restroom building north of the Lakeview Amphitheater.

Turnaround: The turnaround point is marked by a yellow dot in the center of the concrete portion of Restoration Way in the Lakeview Amphitheater. The turnaround point is 7' 1" north of the 2nd most southerly main support column (behind Section 308, seat 8). Runners should make a counter-clockwise turn around a traffic cone or other temporary marker placed on the turnaround point during the race.

4 mile: Marked with a yellow dot on the east edge of the east side of the "loop" in the West Shore Trail adjacent the southern pedestrian bridge across I-690.

5 mile: Marked with a yellow dot on the east edge of the West Shore Trail, within 20 feet of the south end of a straightaway in the Trail.

6 mile: Marked with yellow paint on the paved south shoulder of Long Branch Rd., 3' 2" east of the western terminus of the concrete curbing at the entrance of the West Shore Trail parking area.

FINISH: The FINISH line is coincident with the START line.

The entire course is unrestricted. Participants should stay to the right when passing participants headed in the opposite direction.

Appropriate traffic control and course monitors should be positioned along the Long Branch Rd. portion of the course throughout the event.

This course was measured by and this map was drawn by Dave Oja (315-446-6285; daveoja@aznet.com) on April 9, 2017.

