

LSRC

L Street Running Club

Course outline for March 15th 2014

SATURDAY RUN from Marina Bay 500 Victory Dr Quincy

Quincy Bay Run

15 miles

500 Victory road

Right on Seaport drive **Left** on Commander Shea Blvd

Take the FIRST left off of Commander Shea Blvd to Quincy Shore Drive (between the condos) (1.1 miles)

Left onto Quincy Shore Drive to Wollaston Beach

Water stop 1 at Squantum Yacht club (2.75 miles)

Left on Shore Ave (4.1 miles) **Left** on Norton Rd (4.5 miles) **Left** on Sea st (4.8 miles)

For Approx. 10 Miles TURN RIGHT on sea st and follow Directions from Mile 10 point to finish

Stay on left side of sea st

Water stop 2 at intersection of Sea St and Babcock St

Continue on Sea st to Sea Ave at Quincy Yacht club (7 miles) Up hill on Sea ave

Left on Island ave (7.4 miles) **Right** on Sea st bottom of hill at park

Right on Bay View Ave (7.8 miles) **Right** on Bayswater rd (8.1 miles) **Right** on Winthrop st (8.2 mi)

Right on Manet ave (8.3 miles) Continue on manet keeping ocean on your right, Manet will turn into Babcock back to Water stop along the sea wall

Water stop 3 at intersection of Sea St and Babcock St (8.9 miles)

Continue on Sea st **MILE 10 norton rd and Sea St**

Continue on Sea St to Coddington St (Quincy Police station, Quincy High School, YMCA)

Right onto Washington st/Hancock St after Quincy HS (11.2miles)

Water stop 4 at park on corner of Hancock st and Merrymount Parkway (12.1 miles)

Right on Beach st (12.3 miles) **Left** on Quincy Shore Drive (13.4 miles)

Water stop 5 Squantum Yacht Club (13.5 miles)

Right East Squantum St at end of beach (14.25 miles) **Left** Victory Rd (14.6 miles) Back to 500 Victory rd

Water stop 6 inside 500 victory

