

LSRC

L Street Running Club

Course outline for

Quincy Bay Run

Distance 15 miles

Start at Marina Bay (500 Victory Road Quincy)

500 Victory Road

RIGHT on Seaport Drive

LEFT on Commander Shea Blvd.

take *First* LEFT off of Commander Shea Blvd. to Quincy Shore Drive (between the condos)(1.1mi)

LEFT onto Quincy Shore Drive to Wollaston Beach

Water stop #1 Squantum Yacht Club @ about 2.75 miles

Continue down Wollaston Beach

LEFT on Shore Ave (4.1mi)

LEFT on Norton Rd (4.5mi)

LEFT on Sea St. (4.8mi)

Stay on left side of Sea St.

[For 10 mile, right on Sea St. and follow directions below from 10 mile mark at Norton Rd. to finish]

Water stop #2 at intersection of Sea St. and Babcock St.

Continue on Sea St. to Sea Ave. at Quincy Yacht Club (7.0mi)

Take hill up Sea Ave.

LEFT on Island Ave. (7.4mi)

RIGHT on Sea St. at bottom of hill at park

RIGHT on Bay View Ave. (7.8mi)

RIGHT on Bayswater Rd. (8.1mi)

RIGHT on Winthrop St. b

RIGHT on Manet Ave. (8.3mi) keeping ocean on right

Manet Ave. turns into Babcock St.

Water stop #3 at intersection of Sea St. and Babcock St. @ about 8.9 miles

Continue on Sea St. to Norton Rd. (10mi.)

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

RIGHT on Washington St./Hancock St. after Quincy High School (11.2mi)

Water stop #4 park on corner of Hancock St. & Merrymount Parkway @ about 12 miles

RIGHT on Beach St. (12.3mi)

LEFT on Quincy Shore Dr. (13.4mi)

Water stop #5 at Squantum Yacht Club (13.5 miles)

RIGHT on East Squantum St. (14.25mi)

LEFT on Victory Rd (14.6mi)