

LSRC

## L Street Running Club

Marina Bay to Milton  
15 miles  
Mileage is approximate

Take Victory Road out to E Squantum St RIGHT on E Squantum (0.7miles)  
RIGHT Quincy Shore drive towards Boston (1.0)  
Stay to the Right at the Ramp to the condos Just past the condos take the pedestrian ramp up to the bridge cross the bridge into Pope JP park (2.0)

Follow the trail in the park closest to the river towards Milton  
Exit the park at Hallet st  
W S 1 at McKeon post ( outside) (3.5)

Left on Neponset path  
Exit Neponset Path at Central Ave (5.1)  
LEFT on Central Ave  
Quick RIGHT onto Eliot ST  
LEFT Blue Hill ave (6.3)  
LEFT Brook RD (6.5)

W S 2 Brook rd and Blue Hill PkWy  
LEFT on Adams st (9.2)

W S 3 At church on Adams st (9.2)

Take Adams St to Lower Mills  
Get back on the Neponset trail at the Milton trolley stop in lower Mills  
(before the chocolate factory look for the stairs down to the trolly tracks at the hardware store)  
(10.75)

Neponset trail Back to McKeon Post  
W S 4 at McKeon Post (12.0)

RIGHT into Park at Hallet st  
Outer most trail in Park  
Back across Neponset River Bridge (13.3)

When Back on the Quincy side of Bridge Take LEFT onto Commander Shea Blvd  
It's the First Lft after you go up the ramp to Quincy shore Drive (13.8)  
Right at the end of the short road next to the condos this is still Commander Shea Blvd  
RIGHT on seaport Blvd (14.5)  
LEFT on Victory Rd at rotary to 500 Victory Dr

**FOR 10 MILES TURN AROUND AT CENTRAL AVE ON NEPONSET PATH**