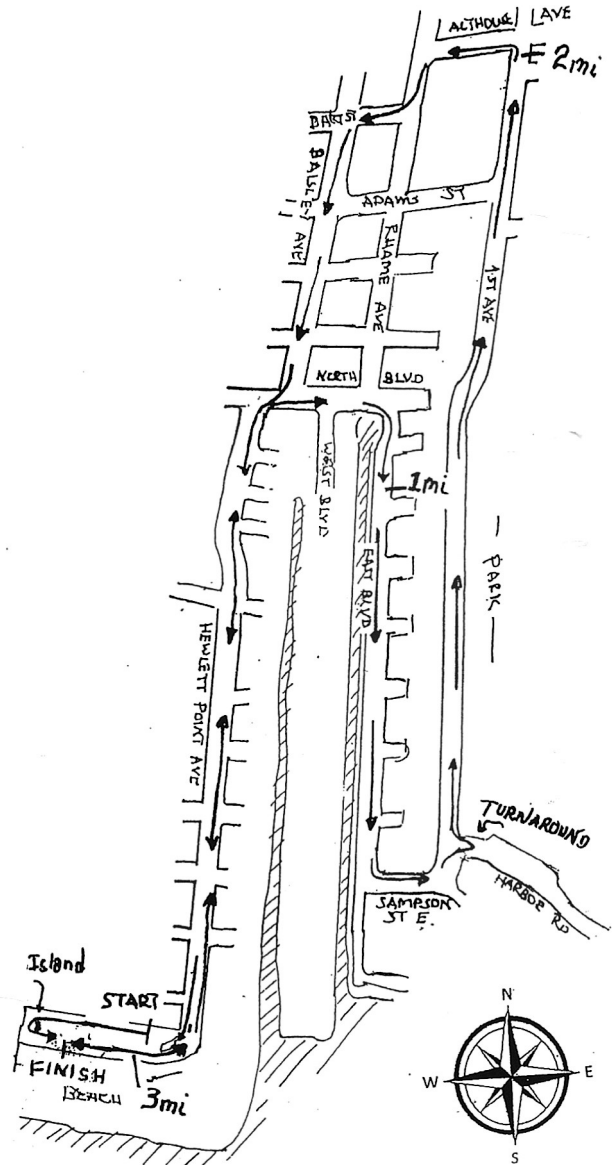
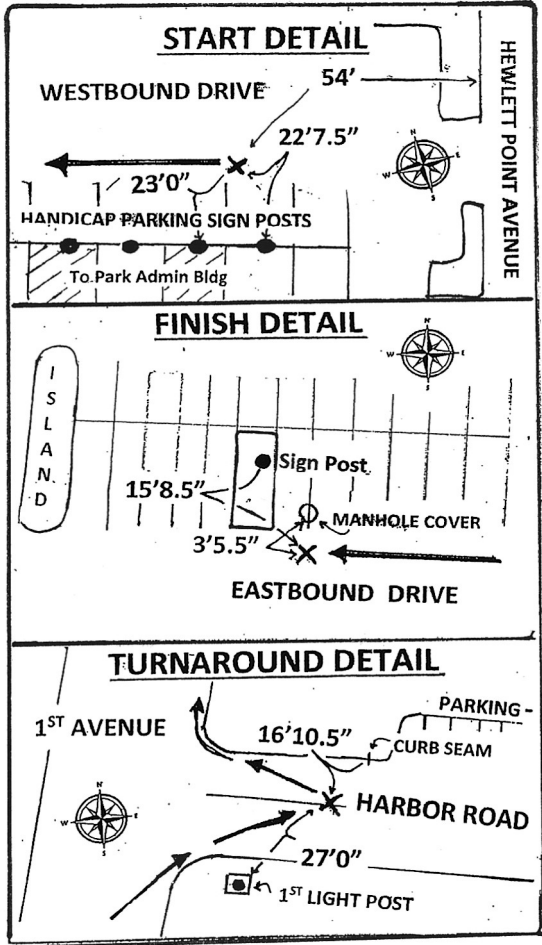


# E.R.E.F. SPRING 5K EAST ROCKAWAY, NY



**Course Narrative:** Runners have full use of all roadways & may take the shortest route available (SRA).  
**Start:** N of 1<sup>st</sup> two handicap parking sign posts in the W-bound parking drive (N) of the Hewlett Point Park Administrative Bldg. PK Nail 22'7.5" NW of 1<sup>st</sup> post approximately 54 ft W of Hewlett Point Ave. & 23'0" NE of 2<sup>nd</sup> post. Run to the W end of the lot. Turn left (S) & around a traffic island. Turn left & Run E in E-bound park drive to Hewlett Point Ave. Turn left (N) using exit. Run N to North Blvd. Turn right (E) & then right (S) on East Blvd. Pass **1mi:** @ S edge of front stoop house #8. Continue S & turn left (E) on Sampson St. E. After gate, turn left (N) on 1<sup>st</sup> Ave. Turn right (E) on Harbor Rd to **Turnaround:** PK Nail 27'0" NE of 1<sup>st</sup> light pole & 16'10.5" SW of curb seam W of parking spaces. Run W to 1<sup>st</sup> Ave. Turn right (N). Pass **2mi:** W of front double door at house #2 1<sup>st</sup> Ave. Turn left (W) on Althouse Ave, left (S) on Rhame Ave, & right (W) on Dart St. Turn left (S) on Baisley Ave, right (W) on North Blvd & left (S) on Hewlett Point Ave. Use the park entrance to E-bound drive. Pass **3 mi:** 6m W of the stop line at the park office. Run W to the **Finish:** PK Nail E in E-bound Park Dr, SE of a small traffic island 5 parking spaces E of larger traffic island at W end of the lot. PK Nail is 3'5.5" S of a manhole cover & 15'8.5" SE of sign post on the small island.

Measured by G. Westerfield 03/25/2022  
[garywesterfield@verizon.net](mailto:garywesterfield@verizon.net) AIMS B