

LEG 10
GREENWICH TO WEST HAVEN
(CONTINUE TO NEW HAVEN - SCSU)
Day Three, FRIDAY, May 31, 2024

TOWN MILEAGE	RUN MILEAGE	TIME	NOTES
			GREENWICH
			Greenwich Library (101 West Putnam Ave, Greenwich)
0.00	0.00	8:00 AM	Left onto Rt 1
0.20	0.20	8:02 AM	Rt 1 at Greenwich Ave
0.66	0.66	8:07 AM	Rt 1 at One Milbank
1.05	1.05	8:11 AM	Rt 1 at Overlook Dr
1.43	1.43	8:15 AM	Rt 1 at Indian Field Rd / Old Post Rd
1.90	1.90	8:20 AM	Rt 1 at Relay Pl
2.37	2.37	8:26 AM	Rt 1 at River Rd
2.62	2.62	8:28 AM	Rt 1 at Riverside Ln
2.95	2.95	8:32 AM	Slight right to stay on US-1 N
3.26	3.26	8:35 AM	Rt 1 at Sound Beach Ave
3.53	3.53	8:38 AM	Slight right to stay on US-1 N
3.85	3.85	8:42 AM	Rt 1 at Laddins Rock Rd
			STAMFORD
0.00	3.85	8:42 AM	Rt 1 at Laddins Rock Rd
0.32	4.17	8:45 AM	Rt 1 at Harvard Ave
0.77	4.62	8:50 AM	Rt 1 at Hatch Field
1.00	4.85	8:53 AM	Rt 1 at Rose Park Ave
1.16	5.01	8:55 AM	Rt 1 at Clinton Ave
1.44	5.29	8:58 AM	Rt 1 at Atlantic St
1.85	5.70	9:02 AM	Rt 1 at Elm St
2.20	6.05	9:06 AM	Rt 1 at Lafayette St
2.52	6.37	9:10 AM	Rt 1 at Lockwood Ave
2.76	6.61	9:12 AM	Rt 1 at Maher Rd
3.24	7.09	9:17 AM	Rt 1 at WWE Headquarters - 15 minute break
3.24	7.09	9:32 AM	Return to run
3.34	7.19	9:34 AM	Right into The Water's Edge at Giovanni's (2748 Boston Post Rd)
3.46	7.31	9:35 AM	Pick up and drive to Morse Court in New Canaan (11 South Ave, New Canaan - 25 min)
			NEW CANAAN
0.00	7.31	10:00 AM	Return to Run. Morse Court
0.5	7.81	10:05 AM	South Ave at Bank St
1.06	8.37	10:12 AM	South Ave at Farm Rd
1.58	8.89	10:17 AM	South Ave at Church of Jessu Christ of Latter Day Saints
1.90	9.21	10:21 AM	South Ave at Gerdens Rd (on-ramp Merrit Parkway)
2.11	9.42	10:23 AM	South Ave at White Birch Rd (off-ramp Merrit Parkway)
2.38	9.69	10:26 AM	South Ave at Talmadge Hill Rd
2.43	9.74	10:27 AM	South Ave becomes Mansfield Ave (Dew Ln)

TOWN MILEAGE	RUN MILEAGE	TIME	NOTES
			DARIEN
0.00	9.74	10:27 AM	Mansfield Ave at Dew Ln
0.56	10.30	10:33 AM	Mansfield Ave at Half Mile Rd
0.94	10.68	10:37 AM	Mansfield Ave at Middlesex Rd
1.18	10.92	10:40 AM	Mansfield Ave at Country Club of Darien
1.89	11.63	10:47 AM	Mansfield Ave at Knollwood Ln
2.65	12.39	10:56 AM	Turn left on to Boston Post Rd
3.00	12.74	11:00 AM	Boston Post Rd at Brookside Dr
3.25	12.99	11:02 AM	Boston Post Rd at Old Kings Highway N
4.00	13.74	11:11 AM	Boston Post Rd at Birch Rd
4.12	13.86	11:12 AM	Boston Post Rd at Donut Delite
			NORWALK
0.00	13.86	11:12 AM	Rt 1 at Donut Delite
0.55	14.41	11:18 AM	Rt 1 at Rampart Rd
0.94	14.80	11:22 AM	Rt 1 at Scribner Ave
1.27	15.13	11:26 AM	Rt 1 at Taylor Ave
1.51	15.37	11:29 AM	Rt 1 at Fairfield Ave
1.74	15.60	11:31 AM	Rt 1 at Woodbury Ave
1.95	15.81	11:33 AM	Right onto Connecticut Ave
2.04	15.90	11:34 AM	Left onto West Ave
2.16	16.02	11:36 AM	West Ave at Orchard St
2.38	16.24	11:38 AM	West Ave at Chapel St
2.51	16.37	11:40 AM	Right onto Wall St
2.70	16.56	11:42 AM	Wall St at Commerce St
2.81	16.67	11:43 AM	Bear left to stay on E Wall St
2.94	16.80	11:44 AM	Left onto East Ave
3.19	17.05	11:47 AM	Right onto Rt 1 (North Ave)
3.52	17.38	11:51 AM	Rt 1 at George Ave
4.48	18.34	12:01 PM	Rt 1 at Renzulli Rd
4.63	18.49	12:03 PM	Rt 1 at Hills Ln
			WESTPORT
0.00	18.49	12:03 PM	Rt 1 at Hills Ln
0.41	18.90	12:07 PM	Rt 1 at Kings Hwy S
1.02	19.51	12:14 PM	Rt 1 at Lincoln St
1.23	19.72	12:16 PM	Rt 1 at Wilton Rd
1.58	20.07	12:20 PM	Rt 1 at Imperial Ave
2.02	20.51	12:25 PM	Rt 1 at The Mews
2.49	20.98	12:30 PM	Rt 1 at Hillspoint Rd
2.95	21.44	12:35 PM	Rt 1 at W Parish Rd
3.59	22.08	12:42 PM	Rt 1 at Turkey Hill Rd
4.08	22.57	12:48 PM	Rt 1 at Maple Ave
4.71	23.20	12:55 PM	Rt 1 at Westport Plaza Shopping Center
			FAIRFIELD
0.00	23.20	12:55 PM	Rt 1 at Westport Plaza Shopping Center
0.26	23.46	12:58 PM	Rt 1 at Center St
0.76	23.96	1:03 PM	Rt 1 at Kings Ln

TOWN MILEAGE	RUN MILEAGE	TIME	NOTES
0.99	24.19	1:06 PM	Rt 1 at Pequot Ave
1.34	24.54	1:09 PM	Rt 1 at Sasco Hill Rd
1.80	25.00	1:15 PM	Rt 1 at Bungalow Ave
2.17	25.37	1:19 PM	Rt 1 at Sherman Town Green - 30 Minute Break for Lunch
2.17	25.37	1:49 PM	Return to Run
2.53	25.73	1:53 PM	Rt 1 at Beach Rd
2.75	25.95	1:55 PM	Rt 1 at South Benson Rd
3.00	26.20	1:58 PM	Bear right to stay on Rt 1
3.43	26.63	2:02 PM	Bear right to stay on Rt 1 (Kings Highway Cutoff)
3.75	26.95	2:06 PM	Rt 1 at Crestwood Rd/Grasmere Ave
4.31	27.51	2:12 PM	Bear right to stay on Rt 1
5.00	28.20	2:20 PM	Rt 1 and Jennings Rd (The Salty Dog Grooming Shoppe)
5.43	28.63	2:24 PM	Rt 1 at Mason St (shopping plaza)
			BRIDGEPORT
0.00	28.63	2:24 PM	Rt 1 at Mason St (shopping plaza)
0.46	29.09	2:29 PM	Rt 1 at Dewey St
0.79	29.42	2:33 PM	Rt 1 at Laurel Ave
1.17	29.80	2:37 PM	Rt 1 at Park Ave
1.74	30.37	2:44 PM	Rt 1 at Madison Ave
1.97	30.60	2:46 PM	Rt 1 at Main St
2.37	31.00	2:51 PM	Rt 1 at Lindley St
2.88	31.51	2:56 PM	Turn right onto Boston Ave at Chopsey Hill (stay on Rt 1)
3.21	31.84	3:00 PM	Rt 1 at Noble Ave
3.47	32.10	3:03 PM	Rt 1 at E Main St
3.90	32.53	3:07 PM	Rt 1 at Helen St
4.25	32.88	3:11 PM	Rt 1 at Central Ave
4.50	33.13	3:14 PM	Rt 1 at Judson Place
4.73	33.36	3:16 PM	Rt 1 at East Ave
5.00	33.63	3:19 PM	Rt 1 at Yale Surgical / Dunkin' Donuts (2165 Boston Ave)
			STRATFORD
0.00	33.63	3:19 PM	Rt 1 at Yale Surgical / Dunkin' Donuts (2165 Boston Ave)
0.37	34.00	3:24 PM	Rt 1 at Barnum Avey
0.71	34.34	3:27 PM	Rt 1 at Main St
1.78	35.41	3:39 PM	Rt 1 at Veterans Blvd
2	35.63	3:41 PM	Bear right to stay on Rt 1
2.5	36.13	3:47 PM	Rt 1 at Washington Bridge (Milford side)
			MILFORD
0.00	36.13	3:47 PM	Rt 1 at Washington Bridge (Milford side)
0.34	36.47	3:51 PM	Rt 1 at Lenox Ave
0.8	36.93	3:56 PM	Rt 1 at Cambridge Ave
1.3	37.43	4:01 PM	Rt 1 at Twin Oaks Terrace
1.74	37.87	4:06 PM	Rt 1 at Silver sands Pkwy
1.92	38.05	4:08 PM	Rt 1 at Bridgeport ave
2.21	38.34	4:11 PM	Rt 1 at Erma Ave
2.63	38.76	4:16 PM	Rt 1 at W Main St
2.99	39.12	4:20 PM	Rt 1 at Milford Police Department

TOWN MILEAGE	RUN MILEAGE	TIME	NOTES
3.63	39.76	4:27 PM	Rt 1 at W River St
3.82	39.95	4:29 PM	Rt 1 at Orange Ave
5.12	41.25	4:43 PM	Rt 1 at E Town Rd
5.71	41.84	4:50 PM	Rt 1 at Woodruff Rd
6.11	42.24	4:54 PM	Rt 1 at Hobby Lobby (1777 Boston Post Rd)
			ORANGE
0	42.24	4:54 PM	Rt 1 at Hobby Lobby (1777 Boston Post Rd)
1	43.24	5:05 PM	Rt 1 at S Orange Center Rd
1.61	43.85	5:12 PM	Rt 1 at Racebrook Rd
2.36	44.60	5:20 PM	Rt 1 at Bull Hill Ln
2.8	45.04	5:25 PM	Rt 1 at The Edge (50 Boston Post Rd)
			WEST HAVEN
0	45.04	5:25 PM	Rt 1 at The Edge (50 Boston Post Rd)
0.32	45.36	5:28 PM	Rt 1 at Tuthill St
0.59	45.63	5:31 PM	Rt at Peabody St
0.85	45.89	5:34 PM	Rt 1 at Budd Pl
1.41	46.45	5:40 PM	Rt 1 at University of New Haven
1.8	46.84	5:45 PM	Rt 1 at Taft Ave
2.1	47.14	5:48 PM	Rt 1 at Dunkin' Donuts (12 Boston Post Rd)
			End Run. Pick up and drive to SCSU Ethnic Heritage Center (270 Fitch St, New Haven)