

LEG 10
GREENWICH TO WEST HAVEN
(CONTINUE TO NEW HAVEN - SCSU)
 Day Three, FRIDAY - June 6, 2025

TOWN MILEAGE	RUN MILEAGE	TIME	RUN TIME	NOTES
				GREENWICH
				Greenwich Library (101 West Putnam Ave, Greenwich)
0.00	0.00	7:30 AM	0:00:00	Left onto Rt 1
0.20	0.20	7:32 AM	0:02:12	Rt 1 at Greenwich Ave
0.66	0.66	7:37 AM	0:07:16	Rt 1 at One Milbank
1.05	1.05	7:41 AM	0:11:33	Rt 1 at Overlook Dr
1.43	1.43	7:45 AM	0:15:44	Rt 1 at Indian Field Rd / Old Post Rd
1.90	1.90	7:50 AM	0:20:54	Rt 1 at Relay Pl
2.37	2.37	7:56 AM	0:26:04	Rt 1 at River Rd
2.62	2.62	7:58 AM	0:28:49	Rt 1 at Riverside Ln
2.95	2.95	8:02 AM	0:32:27	Slight right to stay on US-1 N
3.26	3.26	8:05 AM	0:35:52	Rt 1 at Sound Beach Ave
3.53	3.53	8:08 AM	0:38:50	Slight right to stay on US-1 N
3.85	3.85	8:12 AM	0:42:21	Rt 1 at Laddins Rock Rd
				STAMFORD
0.00	3.85	8:12 AM	0:42:21	Rt 1 at Laddins Rock Rd
0.32	4.17	8:15 AM	0:45:52	Rt 1 at Harvard Ave
0.77	4.62	8:20 AM	0:50:49	Rt 1 at Hatch Field
1.00	4.85	8:23 AM	0:53:21	Rt 1 at Rose Park Ave
1.16	5.01	8:25 AM	0:55:07	Rt 1 at Clinton Ave
1.44	5.29	8:28 AM	0:58:11	Rt 1 at Atlantic St
1.85	5.70	8:32 AM	1:02:42	Rt 1 at Elm St
2.20	6.05	8:36 AM	1:06:33	Rt 1 at Lafayette St
2.52	6.37	8:40 AM	1:10:04	Rt 1 at Lockwood Ave
2.76	6.61	8:42 AM	1:12:43	Rt 1 at Maher Rd
3.34	7.19	8:49 AM	1:19:05	Right into The Water's Edge at Giovanni's (2748 Boston Post Rd)
3.46	7.31	8:50 AM	1:20:25	Pick up and drive to Morse Court in New Canaan (11 South Ave, New Canaan - 25 min)
				NEW CANAAN
0.00	7.31	9:15 AM	1:20:25	Return to Run. Morse Court
0.5	7.81	9:20 AM	1:25:55	South Ave at Bank St
1.06	8.37	9:27 AM	1:32:04	South Ave at Farm Rd
1.58	8.89	9:32 AM	1:37:47	South Ave at Church of Jessu Christ of Latter Day Saints
1.90	9.21	9:36 AM	1:41:19	South Ave at Gerdes Rd (on-ramp Merrit Parkway)
2.11	9.42	9:38 AM	1:43:37	South Ave at White Birch Rd (off-ramp Merrit Parkway)
2.20	9.51	9:39 AM	1:44:37	935 South Ave
				DARIEN
0.00	9.51	9:39 AM	1:44:37	935 South Ave
0.80	10.31	9:48 AM	1:53:25	Mansfield Ave at Half Mile Rd
1.18	10.69	9:52 AM	1:57:35	Mansfield Ave at Middlesex Rd
1.42	10.93	9:55 AM	2:00:14	Mansfield Ave at Country Club of Darien
2.13	11.64	10:03 AM	2:08:02	Mansfield Ave at Knollwood Ln
2.88	12.39	10:11 AM	2:16:17	Turn left on to Boston Post Rd
3.24	12.75	10:15 AM	2:20:15	Boston Post Rd at Brookside Dr
3.50	13.01	10:18 AM	2:23:07	Boston Post Rd at Old Kings Highway N

TOWN MILEAGE	RUN MILEAGE	TIME	RUN TIME	NOTES
4.25	13.76	10:26 AM	2:31:22	Boston Post Rd at Birch Rd
4.36	13.87	10:27 AM	2:32:34	Boston Post Rd at Donut Delite
				NORWALK
0.00	13.87	10:27 AM	2:32:34	Rt 1 at Donut Delite - 15 MINUTE BREAK
0.00	13.86	10:42 AM	2:32:28	RETURN TO RUN
0.55	14.42	10:48 AM	2:38:37	Rt 1 at Rampart Rd
0.94	14.81	10:52 AM	2:42:55	Rt 1 at Scribner Ave
1.27	15.14	10:56 AM	2:46:32	Rt 1 at Taylor Ave
1.51	15.38	10:59 AM	2:49:11	Rt 1 at Fairfield Ave
1.74	15.61	11:01 AM	2:51:43	Rt 1 at Woodbury Ave
1.95	15.82	11:04 AM	2:54:01	Right onto Connecticut Ave
2.04	15.91	11:05 AM	2:55:01	Left onto West Ave
2.16	16.03	11:06 AM	2:56:20	West Ave at Orchard St
2.38	16.25	11:08 AM	2:58:45	West Ave at Chapel St
2.51	16.38	11:10 AM	3:00:11	Right onto Wall St
2.70	16.57	11:12 AM	3:02:16	Wall St at Commerce St
2.81	16.68	11:13 AM	3:03:29	Bear left to stay on E Wall St
2.94	16.81	11:14 AM	3:04:55	Left onto East Ave
3.19	17.06	11:17 AM	3:07:40	Right onto Rt 1 (North Ave)
3.52	17.39	11:21 AM	3:11:17	Rt 1 at George Ave
4.48	18.35	11:31 AM	3:21:51	Rt 1 at Renzulli Rd
4.63	18.50	11:33 AM	3:23:30	Rt 1 at Hills Ln
				WESTPORT
0.00	18.50	11:33 AM	3:23:30	Rt 1 at Hills Ln
0.41	18.91	11:38 AM	3:28:01	Rt 1 at Kings Hwy S
1.02	19.52	11:44 AM	3:34:43	Rt 1 at Lincoln St
1.23	19.73	11:47 AM	3:37:02	Rt 1 at Wilton Rd
1.58	20.08	11:50 AM	3:40:53	Rt 1 at Imperial Ave
2.02	20.52	11:55 AM	3:45:43	Rt 1 at The Mews
2.49	20.99	12:00 PM	3:50:53	Rt 1 at Hillspoint Rd
2.95	21.45	12:05 PM	3:55:57	Rt 1 at W Parish Rd
3.59	22.09	12:12 PM	4:02:59	Rt 1 at Turkey Hill Rd
4.08	22.58	12:18 PM	4:08:23	Rt 1 at Maple Ave
4.71	23.21	12:25 PM	4:15:19	Rt 1 at Westport Plaza Shopping Center
				FAIRFIELD
0.00	23.21	12:25 PM	4:15:19	Rt 1 at Westport Plaza Shopping Center
0.26	23.47	12:28 PM	4:18:10	Rt 1 at Center St
0.76	23.97	12:33 PM	4:23:40	Rt 1 at Kings Ln
0.99	24.20	12:36 PM	4:26:12	Rt 1 at Pequot Ave
1.34	24.55	12:40 PM	4:30:03	Rt 1 at Sasco Hill Rd
1.80	25.01	12:45 PM	4:35:07	Rt 1 at Bungalow Ave
2.17	25.38	12:49 PM	4:39:11	Rt 1 at Sherman Town Green - 30 Minute Break for Lunch
2.17	25.38	1:19 PM	4:39:11	Return to Run
2.53	25.74	1:23 PM	4:43:08	Rt 1 at Beach Rd
2.75	25.96	1:25 PM	4:45:34	Rt 1 at South Benson Rd
3.00	26.21	1:28 PM	4:48:19	Bear right to stay on Rt 1
3.43	26.64	1:33 PM	4:53:02	Bear right to stay on Rt 1 (Kings Highway Cutoff)
3.75	26.96	1:36 PM	4:56:34	Rt 1 at Crestwood Rd/Grasmere Ave
4.31	27.52	1:42 PM	5:02:43	Bear right to stay on Rt 1
5.00	28.21	1:50 PM	5:10:19	Rt 1 and Jennings Rd (The Salty Dog Grooming Shoppe)
5.43	28.64	1:55 PM	5:15:02	Rt 1 at Mason St (shopping plaza)
				Pickup and drive to Bridgeport CC (1106 North Ave, 10 minutes)

TOWN MILEAGE	RUN MILEAGE	TIME	RUN TIME	NOTES
				BRIDGEPORT
0.00	28.64	2:05 PM	5:15:02	RETURN TO RUN - Bridgeport CC
0.30	28.94	2:08 PM	5:18:20	Rt 1 at Main St
0.71	29.35	2:12 PM	5:22:51	Rt 1 at Lindley St
1.22	29.86	2:18 PM	5:28:28	Turn right onto Boston Ave at Chopsey Hill (stay on Rt 1)
1.55	30.19	2:22 PM	5:32:05	Rt 1 at Noble Ave
1.81	30.45	2:24 PM	5:34:57	Rt 1 at E Main St
2.24	30.88	2:29 PM	5:39:41	Rt 1 at Helen St
2.59	31.23	2:33 PM	5:43:32	Rt 1 at Central Ave
2.84	31.48	2:36 PM	5:46:17	Rt 1 at Judson Place
3.07	31.71	2:38 PM	5:48:49	Rt 1 at East Ave
3.34	31.98	2:41 PM	5:51:47	Rt 1 at Yale Surgical / Dunkin' Donuts (2165 Boston Ave)
				STRATFORD
0.00	31.98	2:41 PM	5:51:47	Rt 1 at Yale Surgical / Dunkin' Donuts (2165 Boston Ave)
0.37	32.35	2:45 PM	5:55:51	Rt 1 at Barnum Avee
0.71	32.69	2:49 PM	5:59:35	Rt 1 at Main St
1.78	33.76	3:01 PM	6:11:22	Rt 1 at Veterans Blvd
2	33.98	3:03 PM	6:13:47	Bear right to stay on Rt 1
2.5	34.48	3:09 PM	6:19:17	Rt 1 at Washington Bridge (Milford side)
				MILFORD
0.00	34.48	3:09 PM	6:19:17	Rt 1 at Washington Bridge (Milford side)
0.34	34.82	3:13 PM	6:23:01	Rt 1 at Lenox Ave
0.8	35.28	3:18 PM	6:28:05	Rt 1 at Cambridge Ave
1.3	35.78	3:23 PM	6:33:35	Rt 1 at Twin Oaks Terrace
1.74	36.22	3:28 PM	6:38:25	Rt 1 at Silver sands Pkwy
1.92	36.40	3:30 PM	6:40:24	Rt 1 at Bridgeport ave
2.21	36.69	3:33 PM	6:43:35	Rt 1 at Erma Ave
2.63	37.11	3:38 PM	6:48:13	Rt 1 at W Main St
2.99	37.47	3:42 PM	6:52:10	Rt 1 at Milford Police Department
3.63	38.11	3:49 PM	6:59:13	Rt 1 at W River St
3.82	38.30	3:51 PM	7:01:18	Rt 1 at Orange Ave
5.12	39.60	4:05 PM	7:15:36	Rt 1 at E Town Rd
5.71	40.19	4:12 PM	7:22:05	Rt 1 at Woodruff Rd
6.11	40.59	4:16 PM	7:26:29	Rt 1 at Hobby Lobby (1777 Boston Post Rd)
				ORANGE
0	40.59	4:16 PM	7:26:29	Rt 1 at Hobby Lobby (1777 Boston Post Rd)
1	41.59	4:27 PM	7:37:29	Rt 1 at S Orange Center Rd
1.61	42.20	4:34 PM	7:44:12	Rt 1 at Racebrook Rd
2.36	42.95	4:42 PM	7:52:27	Rt 1 at Bull Hill Ln
2.8	43.39	4:47 PM	7:57:17	Rt 1 at The Edge (50 Boston Post Rd)
				WEST HAVEN
0	43.39	4:47 PM	7:57:17	Rt 1 at The Edge (50 Boston Post Rd)
0.32	43.71	4:50 PM	8:00:49	Rt 1 at Tuthill St
0.59	43.98	4:53 PM	8:03:47	Rt at Peabody St
0.85	44.24	4:56 PM	8:06:38	Rt 1 at Budd Pl
1.41	44.80	5:02 PM	8:12:48	Rt 1 at University of New Haven
1.8	45.19	5:07 PM	8:17:05	Rt 1 at Taft Ave
2.1	45.49	5:10 PM	8:20:23	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) 15 minutes