

**LIGHTFOOT RUNNING CLUB - 2017 RACES**  
**DRIVING DIRECTIONS**

**MOTHER'S DAY 10K RACE Sunday May 14, 2017 (8:00am)**

**Calf Pasture Beach, Norwalk, CT**

I-95 to Exit 16. Go south on East Avenue, past two traffic lights, under railroad bridge. Bear left after third traffic light to Cemetery Street; bear right onto Gregory Blvd. south to traffic circle. Bear left and follow Calf Pasture Beach Road to beach parking area.

**3 MILE RACE Saturday, June 17, 2017 (8:00am)**

**NORWALK HIGH SCHOOL (55 County St, Norwalk, CT 06851)**

Connecticut Tpke (I-95) to Exit 16. Go north on East Avenue to Westport Avenue (Route 1). Right on Westport to County Street (County Mall on right side). Right on County to traffic light. Go straight through the light and take first right into Norwalk High School.

**5 MILE RACE Saturday, July 1, 2017 (8:00am)**

**CRANBURY SCHOOL (10 Knowalot Lane, Norwalk, CT 06851)**

Merritt Parkway Exit 40-B to Main St. (or Exit 15 north from I-95 to Main Street). North on Main Ave Rt 7. to Kensett Ave. (HSBC/Chase Bank ). Right on Kensett to stop sign at Grumman Ave. Right on Grumman to Knowalot Lane. Take left onto Knowalot; Cranbury School then first left.

**7 MILE RACE Saturday, July 15, 2017 (8:00am)**

**Brien McMahon High School (300 Highland Ave, Norwalk, CT 06854)**

I-95 Eastbound to Exit 13 at Connecticut Ave. Turn right; go to Keeler Street. Right on Keller to Flax Hill. Left on Flax Hill, up hill to Highland. Right on Highland, Brien McMahon High School on left. I-95 Westbound to exit 14 Connecticut Ave. Turn Left; go to first light and turn left on Scribner Ave. At the end of Scribner turn right onto Flax Hill and then left onto Highland Ave.

**IAN EACCARINO 9 MILE RACE Saturday, July 29, 2017 (8:00am)**

**CALF PASTURE BEACH, Norwalk, CT**

see directions for Mother's Day Race above

**11 MILE RACE Saturday August 12, 2017 (8:00am)**

**Silvermine School (157 Perry Avenue, Norwalk, CT 06850)**

Merritt Parkway Exit 40-A south to Main Street. South on Main Street to Perry Avenue stoplight. Right on Perry 1 1/4 miles to school (set back on left). OR, from I-95, exit 15 north to Exit 2 (New Canaan Avenue). Left to dead end at Main Street. Left (north) on Main Street to Perry Ave. and left on Perry.

**SAM ELPERN HALF-MARATHON Saturday, September 16, 2017 (8:00am)**

**FOX RUN SCHOOL (228 Fillow Street, Norwalk, CT 06850)**

I-95 eastbound. Take Exit 13. Right on Connecticut Avenue; take left at Richards. Approximately 1.5 miles north to dead end at Fillow. Right on Fillow; then left into school parking.

I-95 WESTBOUND: Take Exit 14 to Connecticut Ave. Go left on Connecticut, right on Richards to dead end at Fillow. Right on Fillow, then left into school parking.

MERRITT EASTBOUND: Take Exit 38, go right on New Canaan Ave, (Route 123), quick left at Nursery St. up hill. Left onto Ponus Avenue; bear right at fork to Fox Run Avenue, right at Fillow to school parking.