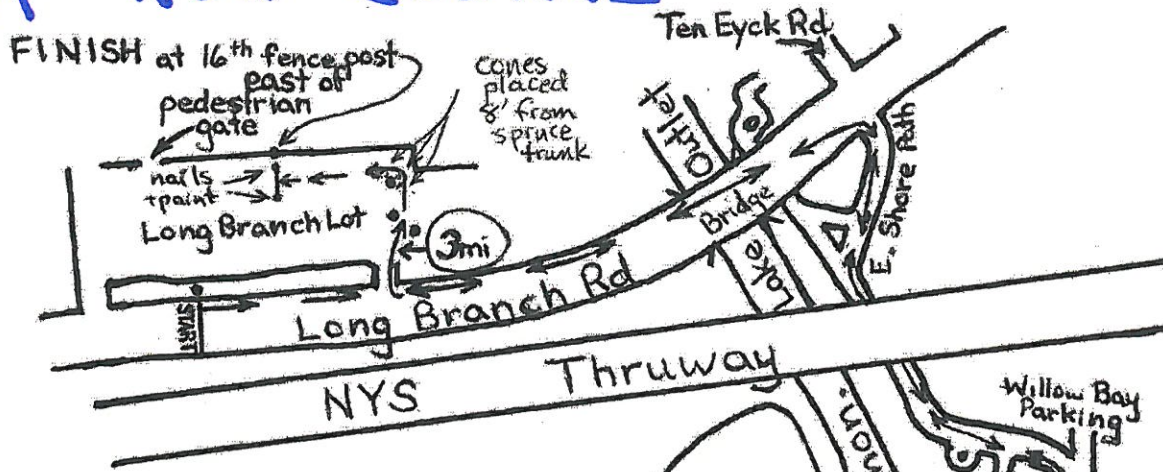


# 5K RUN COURSE



## Good Samaritan 5K Liverpool, NY 13088

**START:** PK nail and yellow paint on the paved north shoulder of Long Branch Road. The nail is even with the center of utility pole #S 22, the first utility pole east of the main vehicle entrance to the Long Branch Park.

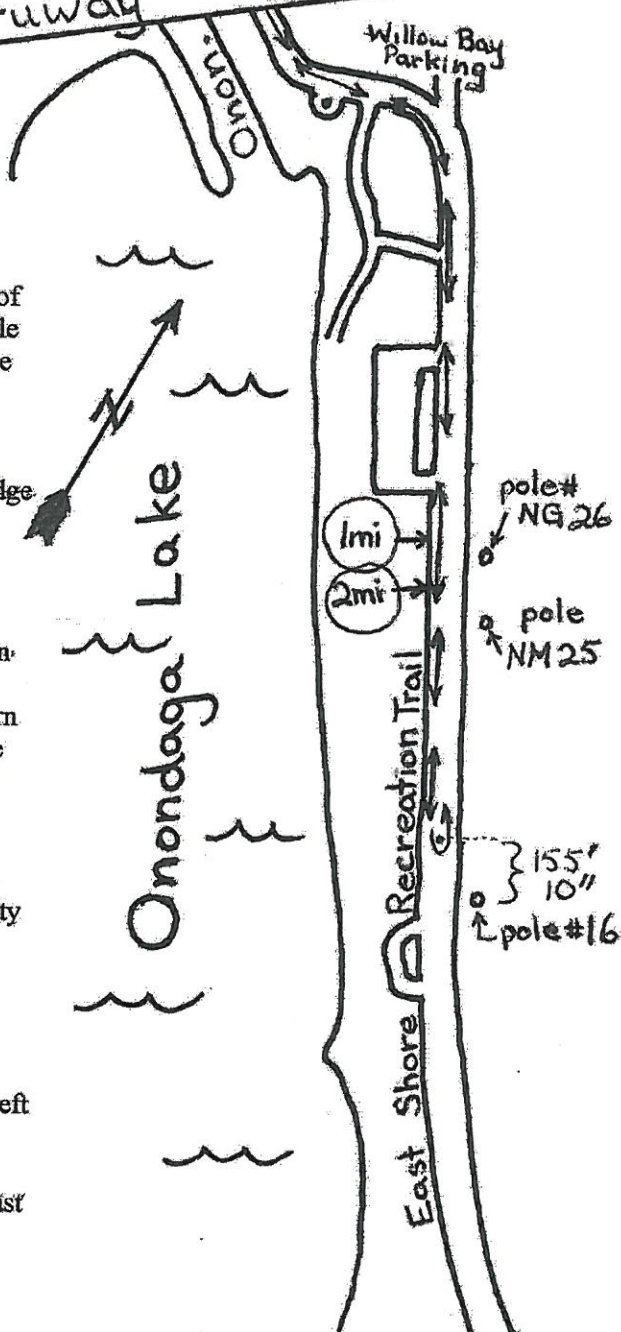
**1 mile:** Per Onondaga Lake Park restrictions, there are no permanent markings on the pavement. The split is on the west edge of the East Shore Recreation Trail, 17' 10" north of utility pole #NG 26.

**Turnaround:** Per Onondaga Lake Park restrictions, there are no permanent markings on the pavement. The turnaround point is on the marked center line of the Trail, 155' 10" north of utility pole #16. Runners should be directed to make a counter-clockwise turn around a traffic cone or other temporary marker positioned on the turnaround point during the race.

**2 mile:** Per Onondaga Lake Park restrictions, there are no permanent markings on the pavement. The split is located on the west edge of the East Shore Recreation Trail, 51' 7" north of utility pole #NM 25.

**3 mile:** The 3-mile split is unmarked and located on the unpaved portion of the course at the east edge of the Long Branch parking area. The split is 58' 7" south of the first of the three trees the runners pass after leaving Long Branch Road and before turning left into the finishing stretch.

**FINISH:** The finish line is perpendicular to the 16th fence post east of the pedestrian gate in the chain link fence that runs along the north edge of the Long Branch parking area. The ends of the line are marked by a pair of masonry nails driven into the asphalt surface and circled in yellow paint.



The entire course is unrestricted. Appropriate traffic control and course monitors are required throughout the course.



### USATF Certificate

NY14137JG

Effective: 11/04/2014 through 12/31/2024

Course measured and map drawn by Dave Oja on October 28, 2014  
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