



Bellmore Striders Independence Day Run



Race Directions

* **START** & first mile: Corner of Petit Ave. and Center Ave. Go east towards Bedford Ave. Go north on Bedford to Oak Street. Right turn on Oak Street. Go east on Oak St. to Bellmore Ave. Right onto Bellmore Ave. Go south on Bellmore Ave. to Broadway. Right turn on Broadway. Go west on Broadway to Bedford Ave. Right turn on Bedford Ave. Go north on Bedford to Oak Street. Right turn on Oak Street. Go east on Oak Street to Bellmore Ave. Left turn onto Bellmore Ave.

* Go north (running in the southbound lane) on Bellmore Ave. One block west of Newbridge Road make a sharp left turn onto Broad Street. Go south on Broad Street (behind the Firehouse) until intersection with Newbridge Road.

* Follow Newbridge Road south to Grand Ave. Left turn onto Grand Ave. Go east on Grand Ave. (800m) to **FINISH**.



LONG ISLAND TRACK & FIELD 2022

