



GLIRC

GREATER LONG ISLAND RUNNING CLUB LONG RUN TRAINING COURSES

From

SYOSSET HIGH SCHOOL



Course #1: "Three Hills of Huntington"

(10.30 Miles)

Start at Syosset HS. Take South Woods Rd south and make a LEFT onto Syosset-Woodbury Rd. Take this down the hill & stay LEFT on Woodbury Rd., under the LIRR trestle & past Route 108. Bear LEFT up the hill & stay on Woodbury into Huntington. At 25A/Main St. make a LEFT & then cross over the street so you take the Right fork (25A) & NOT Lawrence Rd. Take this to South Woods Rd & make a LEFT back to the HS.

Course #2: "Lollypop"

(10.40 Miles)

Start at Syosset HS. Take South Woods Rd south & make a RIGHT on Searington. Make a RIGHT on Syosset-Woodbury & take this over the LIRR tracks bearing Left at the blinking light onto Cold Spring Rd. Follow Cold Spring into town & across onto Muttontown Rd. Cross over Route 106 & remain on Muttontown until the end. Make a LEFT onto Brookville Rd and follow this until it ends at Route 106. Make a LEFT on Route 106, RIGHT at the light on Muttontown Rd & return to the school the same way as on the out-bound way.

Course #3 (A – I):

(5.5 Miles)

Start at Syosset HS. Take South Woods Rd south and make a RIGHT onto Searington. Make a RIGHT on Syosset-Woodbury and take this over the LIRR tracks bearing LEFT at the blinking light onto Cold Sp. Rd. Follow Cold Spring into town and across onto Muttontown Rd. Cross over Route 106 and remain on Muttontown until the end. Make a RIGHT on Brookville Rd & follow this around until it ends at 25A.

*Use options **A - I** for various distances:

- 11.55** (A) RIGHT on 25A, RIGHT on Split Rock Road, LEFT on School House Rd, RIGHT on Berry Hill, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over LIRR tracks, LEFT on Searington & LEFT on South Woods Rd back to the HS.
- 12.0** (B) RIGHT on 25A, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring, LEFT on Syosset-Woodbury over LIRR tracks, LEFT on Searington and LEFT on South Woods Rd back to HS.
- 12.6** (C) RIGHT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.
- 12.05** (D) Cross 25A to Wolver Hollow Rd, RIGHT on Ripley Rd till the end, LEFT on 25A, RIGHT on Split Rock Rd, LEFT on School House, RIGHT on Berry Hill, LEFT on Renee, RIGHT on Cold Spring, LEFT at Syosset-Woodbury over LIRR tracks, LEFT on Searington Rd. and a LEFT on South Woods back to the HS.

- 12.5 (E) Cross 25A onto Wolver Hollow Rd, RIGHT on Ripley Rd till the end, LEFT on 25A, RIGHT on Berry Hill, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington and a LEFT on South Woods Rd back to the HS.
- 13.1 (F) Cross 25A onto Wolver Hollow Rd, RIGHT on Ripley Rd till the end, LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.
- 12.6 (G) Cross 25A onto Wolver Hollow Rd, RIGHT on Ripley Rd, LEFT on Remsen Lane till the end, RIGHT on Mill River Rd, LEFT on 25A, RIGHT on Split Rock Rd, LEFT on School House, RIGHT on Berry Hill, LEFT on Renee, RIGHT on Cold Spring, LEFT on Syosset Woodbury over the LIRR tracks, LEFT on Searington and a LEFT on South Woods back to the HS.
- 13.05 (H) Cross 25A onto Wolver Hollow Rd, RIGHT on Ripley Rd, LEFT on Remsen Lane till the end, RIGHT on Mill River Rd, LEFT on 25A, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington and LEFT on South Woods back to the HS.
- 13.65 (I) Cross 25A onto Wolver Hollow Rd, RIGHT on Ripley Rd, LEFT on Remsen Lane till the end, RIGHT on Mill River Rd, LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods back to the HS.

Course #4 (A – C):

Start at Syosset HS & take South Woods Rd south and make a RIGHT on Searington Rd. Make a RIGHT on Syosset-Woodbury over the LIRR track bearing LEFT at the blinking light onto Cold Spring Rd. Follow Cold Spring into town and across onto Muttontown Rd. Cross over Route 10 & remain on Muttontown till the end. Make a LEFT on Brookville Rd till the end and a LEFT on Route 106. Take Route 106 to 25A & make a RIGHT.

*Use Options **A - C** for various distances:

- 12.5 (A) RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill, LEFT on Renee, RIGHT on Cold Spring, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington and a LEFT on South Woods Rd back to the HS.
- 12.95 (B) RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Sp Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington and a LEFT on South Woods back to the HS.
- 13.55 (C) RIGHT on Cold Spring Rd and a LEFT on South Woods back to the HS.

Course #5 (A-D): "Snake Hill"

Start at Syosset HS. Take South Woods Rd. north & make a RIGHT on Cold Spr Rd. Make a RIGHT at 25A down Fish Hatchery Hill. At the traffic light bear LEFT onto 25A/Main St. Make a LEFT at the first traffic light onto Shore Rd. Follow Shore Rd LEFT around the bay and make a RIGHT on Snake Hill Rd.

At the top of the hill continue straight & make a RIGHT at the stop sign on Jennings Rd. Start at Syosset HS. Take South Woods Rd. north & make a RIGHT on Cold Spring Rd.

*Use options **A – D** for various distances:

10.45 (A) Continue on Jennings Rd. down a steep hill. Make a RIGHT on Goose Hill Rd, RIGHT on 25A 25A/Main St through the town of Cold Sp Harbor. After going through the town return by going up fish Hatchery Hill, LEFT on Cold Sp Rd and a LEFT on South Woods Rd back to the HS.

11.75 (B) Continue on Jennings Rd down a steep hill. Make a RIGHT, on Goose Hill on Goose Hill Rd, RIGHT on 25A/Main St back thru town of Cold Sp Harbor. After going thru the town, return by making a LEFT on Rout 108. Take Route 108 to the end & make a RIGHT on Woodbury Rd. After about a mile you will start going uphill. You have to make a RIGHT up a short STEEP hill at the sign that says SYOSSET TO THE RIGHT. This is called "Presbyterian Hill. At the traffic light make a RIGHT on South Woods Rd. and return to the HS.

12.1 (C) Make your first LEFT on Middle Hollow Rd, RIGHT on West Neck Rd, RIGHT on Huntington Rd, LEFT on Goose Neck Rd, RIGHT on 25A/Main St, back through the town of Cold Spring Harbor. After going through the town return by going up Fish Hatchery Hill, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

13.4 (D) Make your first LEFT onto Middle Hollow Rd, RIGHT on West Neck Rd, RIGHT on Huntington Rd, LEFT on Goose Neck Rd, RIGHT on 25A/Main St back through the town of Cold Spring Harbor. After going 'through the town return by making a LEFT onto Route 108. Take Route 108 to the end and make a RIGHT on Woodbury Rd. Stay on Woodbury Rd. After about a mile you start going uphill. You have to make a RIGHT up a short STEEP hill at the sign that says SYOSSET TO THE RIGHT. This is called "Presbyterian Hill". At the traffic light make a RIGHT on South Woods and return to the HS.

Course #6:

Start at Syosset HS. Take South Woods Rd north and make a RIGHT or Cold Spring Rd. Make a LEFT on 25A, RIGHT on Berry Hill Rd, RIGHT at Route 106 (South ST I (traffic light) into the town of Oyster Bay. Make a RIGHT on East Main & stay on this road until it FORKS RIGHT onto Cove Rd. Take Cove Rd to 25A where you:

11.45 Make a LEFT on 25A up hill, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

Course #7:

Start at Syosset HS. Take South Woods Rd north and make a RIGHT on Cold Spring Rd. Make a LEFT on 25A, RIGHT on Berry Hill Rd, RIGHT at Route 106 (South ST I (traffic light) into the town of Oyster Bay. Make a RIGHT on East Main & stay on this road until it FORKS RIGHT onto Cove Rd. Take Cove Rd to 25A :

- 12.6** Make a LEFT on 25A up hill, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

Course #8: "Fish Hatchery - Presbyterian Loop"

(6.4 miles)

Start at Syosset HS. Take South Woods Rd north. Make a RIGHT on Cold Spr Rd, RIGHT on 25A down Fish Hatchery Hill. At the light make a RIGHT on Route 108. At the light make a RIGHT on Woodbury Rd and follow Woodbury Rd until you start going uphill. At the sign that says SYOSSET TO THE RIGHT!!, make a RIGHT up short STEEP hill This is called Presbyterian Hill. At the traffic light make a RIGHT onto South Woods Rd back to the HS.

Course #9 (A –B): "Stillwell – Presbyterian Hill Loop"

Start at Syosset HS. Take South Woods Rd north & make a RIGHT on Cold Spring Rd. Make your 1st RIGHT on Stillwell-Welsor Rd and take this to the end. Make a RIGHT onto Route 108, a RIGHT on Woodbury Rd & a RIGHT at the sign that says SYOSSET TO THE RIGHT up short STEEP hill. (Presbyterian Hill) At the traffic light:

*Use Options **A - B** for various distances:

- 4.75** (A) Make a RIGHT on South Woods Rd back to the HS.
- 6.55** (B) Continue straight on Syosset-Woodbury Rd. Follow this over the LIRR tracks & bear RIGHT at the blinking light onto Cold Spring Rd. Make a RIGHT on South Woods Rd back to the HS.

Course #10:

(2.55 Miles)

Start at Syosset HS. Take South Woods Rd south and make a RIGHT on Searington Rd. Make a RIGHT on Syosset-Woodbury Rd and take over the LIRR tracks bearing RIGHT at the blinking light onto Cold Spring Rd. Make a RIGHT on South Woods Rd back to the HS.

Course #11 (A – D):

Start at Syosset HS. Take South Woods Rd south and make a RIGHT on Searington Rd. Make a RIGHT on Syosset-Woodbury Rd and take over the LIRR tracks bearing LEFT at the blinking light into town and across onto Muttontown Rd. Make a RIGHT on Route 106 and a RIGHT on 25A:

*Use options **A – C** for various distances:

8.15 (A) Make a RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring over the LIRR tracks. Make a LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.

8.6 (B) Make a RIGHT on Berry Hill Rd, LEFT on Renee Rd, RIGHT on Cold Spring Rd bearing LEFT at the blinking light & then over the LIRR tracks. Make a LEFT on Searington & a LEFT on South Woods Rd back to the HS.

9.2 (D) Make a RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

Course #12 (A - B): "HORNBLOWER HILL"

Start at Syosset HS. Take South Woods Rd north & make a RIGHT on Cold Spring Rd out to 25A. Make a RIGHT on 25A while crossing over at the same time. Make a LEFT on Laurel Hollow Rd and bear RIGHT on Stewart Lane. Take this to the end and make a LEFT on Moores Hill Rd. Make your FIRST RIGHT on Ridge Rd and bear LEFT following Ridge Rd for awhile till you come to an intersection at the bottom of a steep hill. Merge LEFT onto Laurel Hollow Rd. Make first RIGHT up Hornblower Hill (*No street sign but turn right at road that looks like a driveway at Mailbox 1518*) and take to the end where you make a LEFT onto Tiffany Rd. Follow Tiffany out to Cove Neck Rd. Make a LEFT on Cove Neck out to the intersection of Cove Rd & East Main Street.

*Use options **A – B** for various distances:

9.25 (A) Make a LEFT on Cove Rd to 25A, LEFT 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

11.95 (B) Make a RIGHT on East Main St into the town of Oyster Bay. Make a LEFT at first traffic light on Route 106, LEFT on Berry Hill Rd. Cross over 25A and continue on Berry Hill. Make a LEFT on Renee Rd, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.

*You can add .2 to A or B by making a RIGHT on Tiffany Rd and following North Rd out to Cove Neck Rd where you pick up the rest of the course

Course #13:
(5.3 Miles)

Start at Syosset HS. Take South Woods - Rd north and make a RIGHT on Cold Spring Rd out to 25A. Make a RIGHT on 25 A crossing over at the same time. Make LEFT on Laurel Hollow Rd and bear RIGHT onto Stewart Lane. Make a LEFT on Moores Hill Rd, LEFT at the Police Station on to Laurel Hollow Rd, RIGHT on 25A crossing over at the same time, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

Course #14:

Start at Syosset HS. Take South Woods Rd north and make a RIGHT on Cold Spring Rd out to 25A. Make a RIGHT on 25A crossing over at the same time. Make a LEFT on Laurel Hollow Rd and bear RIGHT onto Stewart Lane. Make a LEFT on Moores Hill Rd, LEFT on Cove Rd to 25A.

6.15 Make a LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on south Woods Rd back to the HS.

Course #15 (A – C):

Start at Syosset HS. Take South Woods Rd north and make a RIGHT on Cold Spring Rd out to 25A. Make a RIGHT on 25A crossing over at the same time. Make a LEFT on Laurel Hollow Rd & bear RIGHT on Stewart Lane. Make a LEFT on Moores Hill Rd; RIGHT on Ridge Rd. bear LEFT following Ridge Rd awhile until you come to an intersection & stop sign at the bottom of a steep hill. GO STRAIGHT!!! past Hornblower Hill to the Police station at the intersection of Moores Hill Rd & Laurel Hollow Rd.

*Use **A - C** for various distances:

7.7 (A) RIGHT on Moores Hill Rd, LEFT on Cove Rd, Left on 25A, RIGHT on Cold Sp Rd, LEFT on South Woods back to the HS.

6.8 (B) Continue STRAIGHT on Laurel Hollow Rd out to 25A, RIGHT on 25A crossing over at the same time, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

7.05 (C) Make a LEFT on Moores Hill Rd, RIGHT on Stewart Ln out to 25A. Make a RIGHT on 25A crossing over at the same time, LEFT on Cold Spr & a LEFT on south Woods back to the HS.

Course #16 "SANDY HILL"

10.0 Start at Syosset HS. Take South Woods Rd north and make a RIGHT on Cold Spring Rd out to 25A. Make A LEFT on 25A & a RIGHT on Cove Rd. Take Cove Rd to Sandy Hill Rd. Make a LEFT UP Sandy Hill & take to the end at Berry Hill Rd. Bear LEFT & take Berry Hill across 25A towards Syosset. Make a LEFT on Renee Rd, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.

Course #17 (A - B): "COLONIAL HILL"

Start at Syosset HS. Take South Woods Rd north, RIGHT on Cold Sp. Rd, RIGHT on Stillwell Rd . Take Stillwell to the end and make a RIGHT on Route 108. At the light make a LEFT on Woodbury Rd past the LIRR parking lot. Make your 1st RIGHT on West Rogues & stay on this until the traffic light at Oakwood Rd. where you make a RIGHT. At the 2nd light make a RIGHT on 22nd Street, LEFT on Cold Spring Hills Rd. Then make your 1st RIGHT on Colonial Dr. This road winds parallel to Jericho Tpk. Make sure you stay on Colonial Drive (bear LEFT at the 1st stop sign) . Continue on Colonial till you crest the HILL. At the end bear LEFT, this will take you out to Jericho Tpk via a stone wall/gate . Immediately make a RIGHT on Avery Rd & take this over the LIRR tracks to Woodbury Rd .

9.3 (A) Make a LEFT on Woodbury Rd, RIGHT up Presbyterian Hill and make a RIGHT on South Woods Rd back to the HS.

10.35 (B) RIGHT on Woodbury Rd, LEFT on Route 108, LEFT on Stillwell Rd, LEFT on Cold Sp Rd, LEFT on South Woods back to the HS.

Course #18 (A – B): "WOODCHUCK / HAWXHURST"

Start at Syosset HS. Take South Woods north, RIGHT on Cold Spring Rd, RIGHT on Stillwell Rd, RIGHT on Route 108, LEFT on Woodbury Rd past the LIRR tracks, 1st RIGHT on West Rogues to Oakwood Rd, LEFT on Oakwood Rd. Take Oakwood to Woodchuck Hollow Rd and make a LEFT Woodchuck turns into Hawxhurst Rd by bearing RIGHT (Straight dead ends) . Take Hawxhurst down to Woodbury Rd where you make a LEFT & take this to Route 108.

10.3 (A) Make a RIGHT on Route 108, LEFT on Stillwell Rd, LEFT on Cold Spring Rd & a LEFT on South Woods Rd back to the HS.

10.0 (B) Continue on Woodbury Rd and take this to Presbyterian Hill where you make a RIGHT. Take this to South Woods Rd and make a RIGHT back to the HS.

Course #19: "SUNSET HILL"

(8.9 miles)

Start at Syosset HS. Take South Woods Rd south and make a RIGHT on Searington Rd. Make a RIGHT on Syosset-Woodbury Rd over the LIRR tracks & make a RIGHT at the blinking light onto Cold Spring Rd. Make a LEFT on Renee Rd, RIGHT on Berry Hill, RIGHT on 2SA, LEFT on Yellow Cote Rd. Take this down to Cove Rd & make a LEFT. Take Cove Rd and make a RIGHT on SUNSET Rd (you won't see the sign but it is the road immediately 10 ft after the right turn for Morris Rd). At the top of Sunset Hill continue past 1st driveway on your right & watch carefully for a RIGHT turn on cove Edge Rd (no sign, but look for some large rocks on the ground) which also looks like a drive- way. Take Cove Edge Rd out to Moores Hill Rd (note that after about 1/2mi on Cove Edge you'll come to an intersection, make a LEFT here and you'll find Moores). Cross over Moores Hill Rd onto Timber Ridge Dr and take this down

to Cove Rd. Make a LEFT on Cove Rd up to 25A. LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

Course #20 (A – C): "Turkey Lane"

Start at Syosset HS. Take South Woods Rd north, RIGHT on Cold Sp. Rd, RIGHT on Stillwell Rd, RIGHT on Rt. 108, LEFT on Woodbury Rd, uphill staying on Woodbury by bearing LEFT. Stay on Woodbury Rd & make a LEFT on Saw Mill Rd, RIGHT on Peabody Rd, quick LEFT on Lawrence Hill Rd, RIGHT on Turkey Lane downhill to Main St. Make LEFT on Main St and take this to the intersections of Route 108 and 25A.

*Use A - C for various distances:

10.6 (A) LEFT on Route 108, RIGHT on Woodbury Rd, RIGHT up Presbyterian Hill and a RIGHT on South Woods Rd back to the HS.

10.3 (B) LEFT on Route 108, RIGHT on Stillwell Rd, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

9.3 (C) RIGHT on 25A up Fish Hatchery Hill, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS

Course #21: "East Gate"

(11.2 Miles)

Start at Syosset HS. Take South Woods Rd north, RIGHT on Cold Sp. Rd, RIGHT on 25A, RIGHT on Route 108, LEFT on Woodbury Rd bearing RIGHT uphill on Route 11 (Pulaski Rd), RIGHT on Oakwood Rd, RIGHT on West Rogues over the LIRR tracks making 1st LEFT on Sherwood Drive, RIGHT on Downey, RIGHT on Hobson, RIGHT on 22nd St, LEFT on Cold Spring Hills Rd, RIGHT on Colonial Drive, RIGHT at 1st stop sign on Forestdale, LEFT on Green Meadow (golf course on left), I on Oak Ridge Dr - follow around and it becomes East Gate. Stay on East Gate downhill over LIRR tracks to Woodbury Rd. Make a LEFT on Woodbury Rd, RIGHT up Presbyterian Hill and a RIGHT on South Woods Rd back to the HS.

Course #22 (A - J): "Linden / Hegemans / Piping Rock"

Start at Syosset HS. Take South Woods Rd south and make a RIGHT on Searington. Make a RIGHT on Syosset-Woodbury Rd and take this over the LIRR tracks bearing LEFT at the blinking light onto Cold Spring Rd. Follow Cold Spring into town & across onto Muttontown Rd. Cross over Route 106 and remain on Muttontown until the end. Make a RIGHT on Brookville Rd & follow this around until it ends at 25A. Make a LEFT on 25A crossing over at the same time. Make your first RIGHT on Linden Lane and take to the end. Make a RIGHT on Hegemans Lane and take to the end. Make a RIGHT onto Chicken Valley Rd & make a RIGHT at the traffic light onto Piping Rock Rd. Take Piping Rock to the end where it meets Wolver Hollow Rd.

*Use A - J for various distances:

- 15.3** (A) RIGHT on Wolver Hollow, LEFT on 25A, RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington and a LEFT on South Woods Rd back to the HS.
- 15.75** (B) RIGHT on Wolver Hollow Rd, LEFT on 25A, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington and a LEFT on South Woods Rd. back to the HS.
- 16.35** (C) RIGHT on Wolver Hollow Rd, LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.
- 14.7** (D) RIGHT on Wolver Hollow Rd, LEFT on Ripley Rd, LEFT on 25A, RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.
- 15.15** (E) RIGHT on Wolver Hollow Rd, LEFT on Ripley Rd, LEFT on 25A, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods back to the HS.
- 15.75** (F) RIGHT on Wolver Hollow Rd, LEFT on Ripley Rd, LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods back to the HS.
- 15.25** (G) RIGHT on Wolver Hollow Rd, LEFT on Ripley, LEFT on Remsens Lane, RIGHT on Mill River Rd, LEFT on 25A, RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods back to the HS.
- 15.7** (H) RIGHT on Wolver Hollow Rd, LEFT on Ripley, LEFT on Remsens Lane, RIGHT on Mill River Rd, LEFT on 25A, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.
- 16.3** (I) RIGHT on Wolver Hollow Rd, LEFT on Ripley, LEFT on Remsens Lane, RIGHT on Mill River Rd, LEFT on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.
- 14.75** (J) RIGHT on Wolver Hollow Rd, cross over 25A and bear LEFT at the fork on Brookville Rd, LEFT on Muttontown Rd & take this all the way into town bearing LEFT on Cold Spring Rd. Stay on Cold Spring Rd bearing RIGHT at the blinking light, LEFT on Searington & a LEFT on South Woods back to the HS.

Course #23: "Feeks"

(18.8 Miles)

Start at Syosset Hs. Take South Woods Rd south and make a RIGHT on Searington. Make a RIGHT on Syosset-Woodbury Rd and take this over the LIRR tracks bearing LEFT at the blinking light onto Cold Spring Rd. Follow Cold Spring into town & across onto Muttontown Rd. Cross over Route 106 and remain on Muttontown until the end. Make a RIGHT on Brookville Rd & follow this around until it ends at 25A. Cross 25A onto Wolver Hollow Rd and take to the end. Make a RIGHT on Chicken Valley Rd & take this to Bayville Rd passing under LIRR crossing. Make a RIGHT on Bayville, RIGHT on Feeks Lane all the way out to Shore Rd, RIGHT on Shore Rd, bear LEFT under LIRR crossing onto W. Main St, making a RIGHT at the second traffic light onto Lexington Rd. Cross over Route 106 onto Berry Hill Rd. Take Berry Hill across 25A and make a LEFT onto Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.

Course #24:

(15.8 Miles)

Start at Syosset HS. Take South Woods Rd south and make a RIGHT on Searington Rd . Make a RIGHT on Syosset-Woodbury Rd & take this over the LIRR tracks bearing LEFT at the blinking light onto Cold Spring Rd. Follow Cold Spring into town & across onto Muttontown Rd. Cross over Route 106 and remain on Muttontown until the end. Make a RIGHT on Brookville Rd & follow this around until it ends at 25A. Cross over 25A onto Wolver Hollow Rd & take this to the end. Make a RIGHT on Chicken Valley Rd, RIGHT at the blinking light on Oyster Bay Rd, RIGHT on Glen Cove Rd, LEFT on Mill River Rd, RIGHT on Lexington Rd. Cross over Route 106 onto Berry Hill Rd. Make a LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.

Course #25 (A-C): "Mill River Rd"

Start at Syosset HS. Take South Woods Rd south and make a RIGHT onto Searington. Make a RIGHT on Syosset-Woodbury Rd & take this over the LIRR tracks bearing LEFT at the blinking light onto Cold Spring Rd. Follow Cold Spring into town & across onto Muttontown Rd. Cross over Route 106 and remain on Muttontown until the end. Make a RIGHT on Brookville Rd & follow this around until it ends at 25A. Cross over 25A onto Wolver Hollow Rd and take this to the end. Make a RIGHT on Chicken Valley Rd, RIGHT at the blinking light onto Oyster Bay Rd, RIGHT on Glen Cove Rd, RIGHT on Mill River Rd and a LEFT onto 25A.

*Use **A - C** for various distances:

16.25 (A) RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Sp Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods Rd back to the HS.

16.7 (B) RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Sp Rd, LEFT on Syosset-Woodbury Rd over the LIRR tracks, LEFT on Searington Rd and a LEFT on South Woods back to the HS.

17.3 (C) RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

Course #26 (A –C): "Titus / Crane / Down Snake"

Start at Syosset HS. Take South Woods Rd. north and make a RIGHT on Cold Spring Rd. Make a RIGHT at 25A down Fish Hatchery Hill. At the traffic light bear LEFT on 25A/Main St. Take Main St. through town & make a LEFT onto Goose Hill Rd. (Mobil station on left). Make first LEFT up Titus Lane, RIGHT on Spring Hill Rd, RIGHT on Wawapek Rd, LEFT on Whitehill Rd & a RIGHT on Snake Hill Rd. At the stop sign make a RIGHT onto Jennings Rd. Follow Jennings all the way to the next stop sign. (DO NOT TURN RIGHT) Continue straight onto Huntington Rd, LEFT on West Neck Rd, and LEFT on Crane Rd. At the stop sign make a LEFT on Middle Hollow Rd. At the stop sign make a RIGHT onto Jennings, first LEFT on Snake Hill Rd. Go down Snake Hill and make a LEFT on Shore Rd. Take Shore Rd out to Main St and make a RIGHT . Take Main St to the traffic light at 25A.

*Use options **A – C** for various distance options

13.45 (A) Bear RIGHT at the light onto 25A & go up Fish Hatchery. At the top make a LEFT on Cold Spring Rd, LEFT on South Woods Rd back to the HS.

14.45 (B) Make a LEFT at the light on Route 108, RIGHT on Stillwell Rd, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.

14.75 (C) Make a LEFT at the light on Route 108, RIGHT at the light on Woodbury Rd, RIGHT up "Presbyterian Hill" and a RIGHT on South Woods Rd. back to the HS.

*For longer distances using course #26

16.25 From HS go down Presbyterian, LEFT on Woodbury, and LEFT on Route 108 to 25A/Main St. Do the Titus Loop above and return to the HS via the " C " option above.

15.45 From HS go down Stillwell, LEFT on Route 108 to 25A/Main St. Do the Titus Loop above and return to the HS via the " B " option above.

15.75 From HS go down Stillwell, LEFT on Route 108 to 25A /Main St. Do the Titus Loop above and return to the HS via the " C " option above.

Course #27 (A-C): " Titus / Down Snake "

Start at Syosset HS. Take South Woods Rd. north & make a RIGHT on Cold Spring Rd. Make a RIGHT at 25A down Fish Hatchery Hill . At the traffic light bear LEFT onto 25A/Main St. Take Main St through town and make a LEFT onto Goose Hill Rd. (Mobil station on left). Make your 1st LEFT up Titus Lane, RIGHT on Spring Hill Rd, RIGHT on Wawapek Rd, LEFT on Whitehill Rd & a LEFT on Snake Hill Rd. Go down Snake Hill and make a LEFT on Shore Rd , Take Shore Rd out to Main St and make a RIGHT. Take Main ST to the traffic light at 25A.

*Use options **A - C** for various distances:

- 9.95** (A) Bear Right at the light onto 25A and go up Fish Hatchery Hill. At the top make a LEFT on Cold Spring Rd, LEFT on South Woods Rd back to the HS.
- 10.95** (B) Make a LEFT at the light on Route 108, RIGHT on Stillwell Rd, LEFT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.
- 11.25** (C) Make a LEFT at the light on Route 108, RIGHT at the light on Woodbury Rd, RIGHT up " Presbyterian Hill " and a RIGHT on South Woods Rd back to the HS

*For longer distances using course #27

- 12.55** From HS go down Presbyterian, LEFT on Woodbury, and LEFT on 108 to 25A/Main St. Do the Titus Loop above and return to the HS via the "c" option above.
- 11.95** From HS go down Stillwell, LEFT on Route 108 to 25A/Main St. Do the Titus Loop above and return to the HS via the "B" option above.
- 12.25** From HS go down Stillwell, LEFT on Route 108 to 25A /Main St. Do the Titus Loop above and return to the HS via the "C" option above.

Course #28 (A – D): " Wheatley / Whitney / Valentines "

Start at Syosset HS. Take South Woods Rd south and make a RIGHT on Searington Rd. Make a RIGHT on Syosset-Woodbury Rd and take this over the LIRR tracks bearing LEFT at the blinking light onto Syosset-Woodbury Rd. Continue into town and across onto Muttontown Rd. Cross over Route 106 & remain on Muttontown until the end. Make a LEFT on Brookville Rd, first RIGHT on Fruitledge Rd, RIGHT on Cedar Swamp (Route 107), LEFT at light on Wheatly Rd, RIGHT on Whitney Lane, LEFT on 25A, 1st RIGHT on Valentines, RIGHT on Simonson, RIGHT on Hoaglands, RIGHT on Cedar Swamp, LEFT on Hegemans, RIGHT on Linden Lane & a LEFT on 25A to the 1st traffic light.

*Use options **A - D** for various distances:

- 19.9** (A) Continue on 25A, RIGHT on Split Rock Rd, LEFT on School House Rd, RIGHT on Berry Hill, LEFT on Renee, RIGHT on Cold Spring LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington & a LEFT on South Woods back to the HS.
- 20.35** (B) Continue on 25A, RIGHT on Berry Hill Rd, LEFT on Renee, RIGHT on Cold Spring Rd, LEFT on Syosset-Woodbury over the LIRR tracks, LEFT on Searington & a LEFT on South Woods Rd back to the HS.
- 20.96** (C) Continue on 25A, RIGHT on Cold Spring Rd and a LEFT on South Woods Rd back to the HS.
- 19.35** (D) Make a RIGHT at the light, Bear LEFT onto Brookville Rd, LEFT on Muttontown, LEFT on Syosset-Woodbury Rd , bearing RIGHT at the blinking light over the LIRR tracks, LEFT on Searington Rd & a LEFT on South Woods Rd back to the HS.

Course #29 (A – C): "Hartman Hill"

- 11.6 (A) Start at Syosset HS. Take South Woods Rd north. Make a RIGHT on Cold Spring Rd, RIGHT on 25A down Fish Hatchery Hill. At the light make a RIGHT on Route 108. At the light make a LEFT on Woodbury Rd & follow the directions below.
- 10.0 (B) Start at Syosset HS. Take South Woods Rd north and make a RIGHT on Cold Spring Rd. Make your 1st RIGHT on Stillwell-Welsor Rd and take this to the end. Make a RIGHT on Route 108 and a LEFT at the light on Woodbury Rd and follow the directions below.
- 9.65 (C) Start at Syosset HS. Take South Woods Rd South and make a LEFT on Syosset-Woodbury Rd. Take this down Presbyterian Hill bearing LEFT on Woodbury Rd. Take Woodbury Rd past the light at Route 108 and follow the directions below.

Just past the LIRR parking lot, make your first RIGHT onto West Rogues Rd. Then a little bit past the LIRR underpass you make a RIGHT onto Cold Spring Hills RD. Take this all the way to the traffic light at Jericho Tpke. Be CAREFULL crossing Jericho and bear RIGHT onto Hartman Hill Rd to begin a steady 1 mile climb to the top. Make a RIGHT on High Hold Rd - **DONT MISS THIS TURN** -

If you miss the turn you will come to a dead end. Take High Hold Rd all the way to the end at Round Swamp Rd . Make a LEFT on Round swamp and immediately make a RIGHT onto a small one lane road called Manetto Hill Rd. The road widens after awhile and ends at Plainview Rd. Make a RIGHT on Plainview Rd and take this to the light at Jericho Tpke. Cross Jericho to the Right and make your first LEFT onto Avery Rd. Make a LEFT on Elm St, a RIGHT on Cypress Dr & a LEFT down Hunting Hill Dr to come out to Woodbury Rd. Make a LEFT on Woodbury Rd and then a RIGHT at the sign that says "SYOSSET TO THE RIGHT" up a short but steep hill that's called Presbyterian Hill. Take this road to the light and make a RIGHT on south Woods Rd back to the HS.

Course #30 (A - C): "Saw Mill Rd & Cold Spring Harbor Labs"

- 11.25 (A) Start at Syosset HS. Take South Woods Rd South and make a LEFT on Syosset-Woodbury Rd. Take this down Presbyterian Hill bearing LEFT onto Woodbury Rd. Take Woodbury Rd past the light at Route 108 and follow the directions below.
- 11.6 (B) Start at Syosset HS. Take South Woods Rd North and make a RIGHT on Cold Spring Rd. Make your 1st RIGHT on Stillwell- Welsor Rd & take this to the end. Make a RIGHT on Route 108 and a LEFT at the light onto Woodbury Rd and follow the directions below.
- 13.2 (C) Start at Syosset HS. Take South Woods Rd North . Make a RIGHT on Cold Spring Rd, RIGHT on 25A down Fish Hatchery Hill. At the light make a RIGHT on Route 108. At the light make a LEFT on Woodbury Rd and follow the directions below.

Stay on Woodbury Road bearing LEFT at the top of the "hill. Make a left on Woodlee Road (white fence). Woodlee soon changes to Saw Mill Road, then Saw Mill Lane. The road ends as it comes back out to Woodbury Rd at the Stop Sign, Make a LEFT onto Woodbury, and then your first LEFT onto Donovan Drive. Take Donovan Drive out to Lawrence Hill Road and make a RIGHT. Make your first LEFT onto Carnegie Avenue. At the 3rd Stop Sign make a LEFT onto Midland Street and take it down a long hill to Turkey Lane. Make a RIGHT onto Turkey and then a LEFT on Main Street thru Cold Spring

Harbor. Start up Fish Hatchery Hill and make a RIGHT into the Cold Spring Harbor Labs. Follow this road keeping the white fence on your left. When the fence ends stay on the paved road as it goes right. Immediately make a LEFT up a long steep hill (red shack on your right after the turn). At the top of the hill make a LEFT through the Stone Wall on Ridge Road (no sign). Continue on Ridge Road and make a LEFT onto Moore's Hill Road. First RIGHT onto Stewart Lane, and take it out to 25A. Right onto 25A as you cross over to the south side and make a LEFT onto Cold Spring Road. Follow to LEFT onto South Woods Road and back to High School.

Course #31 (A- C): " Cold Spring Harbor Labs & Cold Spring Harbor HS"

Start at Syosset HS. Take South Wood Rd north & make a RIGHT on Cold Spring Rd out to 25A . Make a RIGHT on 25A while crossing over at same time. Make a LEFT on Laurel Hollow Rd and bear RIGHT on Stewart Lane. Take this to the end & make a LEFT on Moore's Hill Rd. Make your FIRST RIGHT on Ridge Rd & bear left following Ridge Rd until you come to a long row of mailboxes. Make a RIGHT through the stone wall (just after mailbox named SMITH) & follow a steep downhill into the Cold Sp Hbr Labs. At the bottom of the hill (red shack on left) make a RIGHT & follow the paved road along the water out to 25A. Make a LEFT down Fish Hatchery Hill & bear LEFT at the traffic light on 25A/Main St. Go through town & make a RIGHT on Turkey Lane. At the stop sign for Kennedy Lane make a RIGHT uphill into Cold Spring Harbor HS. At the top of the hill follow the road around to the LEFT & exit the school making a LEFT on ,Lawrence Hill Rd. Continue on Lawrence Hill Rd (don't turn on Turkey or Peabody) & make a RIGHT on Donovan Drive. Make a RIGHT on Woodbury Rd and your 1st RIGHT onto Saw Mill Rd. Bear left and stay on Saw Mill. Saw Hill will eventually change into Woodlee and come back out onto Woodbury Rd. Make a RIGHT on Woodbury & take it down to the traffic light at Route 108.

*Use options below for various distances:

- 12.05** (A) Continue straight on Woodbury Rd. After about a mile you start going uphill. Make a RIGHT up a short STEEP hill at the sign that says SYOSSET TO THE RIGHT . This is called Presbyterian Hill. At the traffic light make a RIGHT on South Woods Rd and return to the HS.
- 12.4** (B) Make a RIGHT onto Route 108 & then a LEFT onto Stillwell-Welsor Rd. At the end of Stillwell make a LEFT on Cold Sp Hills Rd and then your 1st LEFT onto South Woods Rd back to the HS.
- 14.0** (C) Make a RIGHT onto Route 108 and then a LEFT at 25A up Fish Hatchery hill. At the top of the hill make a LEFT onto Cold Spring Hills Rd and then a LEFT on South Wood Rd back to the HS.

-END-

JOIN THE GREATER LONG ISLAND RUNNING CLUB

You are cordially invited to become a member of the Greater Long Island Running Club.

GLIRC is Long Island's largest and most active running club, with a membership that exceeds 4500 members and spans all of Nassau and Suffolk Counties and beyond. We have a lot to offer every runner: periodic meetings with interesting programs, special running and multisport clinics, group road runs, trail runs, and track workouts for runners of every age and level of ability, and discounts to Club races and local running stores.

Long Island Footnotes, our monthly magazine, provides comprehensive coverage of running and racing on Long Island, with complete listings of local races and other events of interest to local runners and multisport athletes, and race coverage and feature articles of interest to everyone.

We also offer an annual Calendar that is full of vital running information. Races are listed by month with full details about each event. As a GLIRC member, you will get your own Calendar to hang in a prominent place to keep you informed throughout the year.

Our Office/Clubhouse provides full service to the Long Island running community. Our Nationwide Insurance 10K Run for ASPIRE, Lazer Aptheker, Rosella & Yedid Kings Park 15K Run, Greenbelt 50K and 25K Runs, Runner's Edge Long island Women's Run, Rob's Run (Long Island's premier cross country event), the Marcum Workplace Challenge, the Bethpage Federal Credit Union Ocean to Sound Relay, the Carter DeLuca, Farrell & Schmidt Ho Ho Ho Holiday Run, the Sayville Running Company 10 Mile Run to the Blue Point Brewery, the Belmont Stakes Blue Ribbon Run for Prostate Cancer, the Oyster Bay Tow Supervisor's 5K Run, the Runner's Edge TOBAY Triathlon, the David lerner Associates L.I. Police Appreciation Run, the Caumset 50K National Championship and 25K Runs, the RunNassau Series, the RunStart and RunSmart training programs, fun runs, trail runs, weekly track workouts, road trips, etc., etc., all make for a full calendar of activities for local runners.

GLIRC now has a Facebook Group for GLIRC members only. This online group is a great place to ask fellow runners questions about running gear, injuries, courses, or just share every day workout experiences. Once you are a member of our Club, just ask to join our Facebook group.

But most of all, GLIRC offers the ready availability of friendly people to share the roads and trails with. We support each other and help each other to more rewarding running experiences. No matter what your age or ability, whether you are a mile a day beginner or a veteran marathoner, there's a place for YOU in the Greater Long Island Running Club!

Membership Application

Greater Long Island Running Club

New Renewal

Individual (\$30 Annually)

Name: _____ Male Female Birthdate: ____/____/____ Email: _____

Family (\$35 Annually – any two or more family members at same address)

Name: _____ Male Female Birthdate: ____/____/____ Email: _____

Name: _____ Male Female Birthdate: ____/____/____ Email: _____

Name: _____ Male Female Birthdate: ____/____/____ Email: _____

Name: _____ Male Female Birthdate: ____/____/____ Email: _____

Name: _____ Male Female Birthdate: ____/____/____ Email: _____

Address: _____ Town: _____ State: _____ Zip: _____

Home Phone: _____ Cell/Work Phone: _____

Make Checks payable to “**Greater Long Island Running Club**” and mail to:

GLIRC, Att: Sherry Bellovin
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Plainview, New York 11803

Call (516) 349-7646 for information
Visit our website www.glirc.org
Visit our Clubhouse/Main Office
101 Dupont Street, Suite 24, Plainview, NY

