

**2019 Providence Leg Friday, May 31st**

|   | <u>MILES</u> | <u>TOTAL<br/>MILES</u> | <u>TIME</u>   |
|---|--------------|------------------------|---------------|
| <b><u>PROVIDENCE</u></b>                |              |                        |               |
| State House to Gaspee Street            | 0.1          | 0.1                    | <b>2:00pm</b> |
| Gaspee Street to Francis Street         | 0.3          | 0.4                    | 2:03pm        |
| Francis Street to Dorrance Street       | 0.3          | 0.7                    | 2:06pm        |
| Dorrance Street to Washington Street    | 0.3          | 1.0                    | 2:09pm        |
| Washington Street to Service Road       | 0.5          | 1.5                    | 2:14pm        |
| Service Road to Broad Street            | 0.2          | 1.7                    | 2:16pm        |
| Broad Street to Elmwood Ave.            | 0.4          | 2.1                    | 2:20pm        |
| Elmwood Ave to Reservoir Ave            | 1.1          | 3.2                    | 2:30pm        |
| Reservoir Ave to Roger Williams Ave     | 0.6          | <b>3.8</b>             | 2:36pm        |
| <b><u>CRANSTON</u></b>                  |              |                        |               |
| Roger Williams Ave to Park Ave          | 0.8          | 4.6                    | 2:43pm        |
| Park Ave to Aqueduct Road               | 0.9          | 5.5                    | 2:51pm        |
| Aqueduct Road to New London Ave.        | 0.6          | 6.1                    | 2:56pm        |
| New London Ave to Howard Ave            | 1.3          | 7.4                    | 3:08pm        |
| Howard Ave to Oaklawn Ave               | 0.9          | 8.3                    | 3:16pm        |
| Oaklawn Ave to Warwick Mall             | 0.7          | <b>9.0</b>             | 3:23pm        |
| <b><u>WARWICK</u></b>                   |              |                        |               |
| Warwick Mall to Route 113               | 1.0          | 10.0                   | 3:32pm        |
| Route 113 to Post Road/Centerville Road | 1.2          | 11.2                   | 3:43pm        |
| <i>continuing on Post Road</i>          |              | 11.2                   |               |
| Centerlille Road to Cowsett Road        | 0.9          | 12.1                   | 3:51pm        |
| Cowsett Road to Goodwin Road            | 0.9          | 13.0                   | 3:59pm        |
| Goodwin Road to Division Street         | 0.8          | <b>13.8</b>            | 4:06pm        |
| <b><u>EAST GREENWICH</u></b>            |              |                        |               |
| <i>continuing on Post Road</i>          |              |                        |               |
| Division Street to First Street         | 0.6          | 14.4                   | 4:11pm        |
| First Street to Cedar Street            | 0.6          | 15.0                   | 4:16pm        |
| Cedar Street to Frenchtown Road         | 1.1          | <b>16.1</b>            | 4:26pm        |
| <b><u>NORTH KINGSTON</u></b>            |              |                        |               |
| <i>continuing on Post Road</i>          |              |                        |               |
| Frenchtown Road to Essex Street         | 0.6          | 16.7                   | 4:31pm        |
| Essex Street to School Street           | 0.3          | 17.0                   | 4:34pm        |
| School Street to Quonset Street         | 1.2          | 18.2                   | 4:45pm        |
| Quonset Street to Camp Street           | 0.5          | 18.7                   | 4:50pm        |
| Camp Street to Wickford State Police    | 0.9          | <b>19.6</b>            | 4:58pm        |
| <i>rest period</i>                      |              |                        |               |
| Wickford State Police to N.K. Police    | 0.5          | 20.1                   | 5:31pm        |
| N.K. Police to West Main Street         | 0.3          | 20.4                   | 5:34pm        |
| West Main Street to Victory Highway     | 0.6          | 21.0                   | 5:39pm        |
| Victory Highway to Oak Hill Road        | 0.7          | 21.7                   | 5:45pm        |
| Oak Hill Road to Shady Lee Light        | 1.1          | 22.8                   | 5:55pm        |
| Shady Lee Light to Gilbert Stuart       | 1.3          | 24.1                   | 6:07pm        |
| Gilbert Stuart to Holiday Inn           | 1.8          | <b>25.9</b>            | 6:22pm        |

- 1. Course is calibrated at nine (9) minute miles**
- 2. Run begins in rear of State House (Smith St.)**