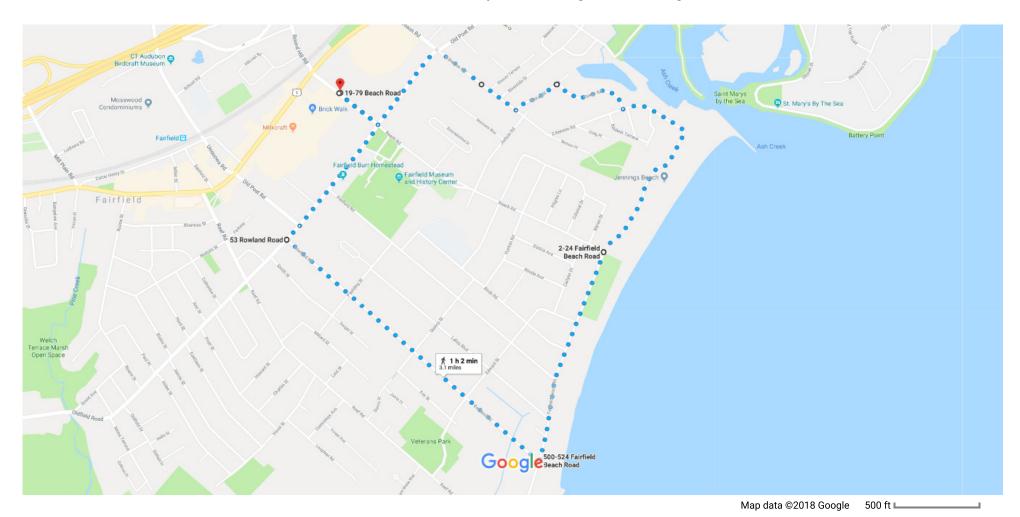


GAC to Old Post to South Benson to Clinton to Oyster to Jennings Beach Parking lot to Rowland to Old Post to GAC



Meet Saturday mornings at 8:30am. Run from GAC to Old Post, to South Benson, to Clinton, to Oyster, to Jennings Beach Parking Lot, to Rowland, back to Old Post, then back to GAC. 3.1 miles.

Contact Ken Gallagher @ kengallagher@gmail.com or 203-685-2993