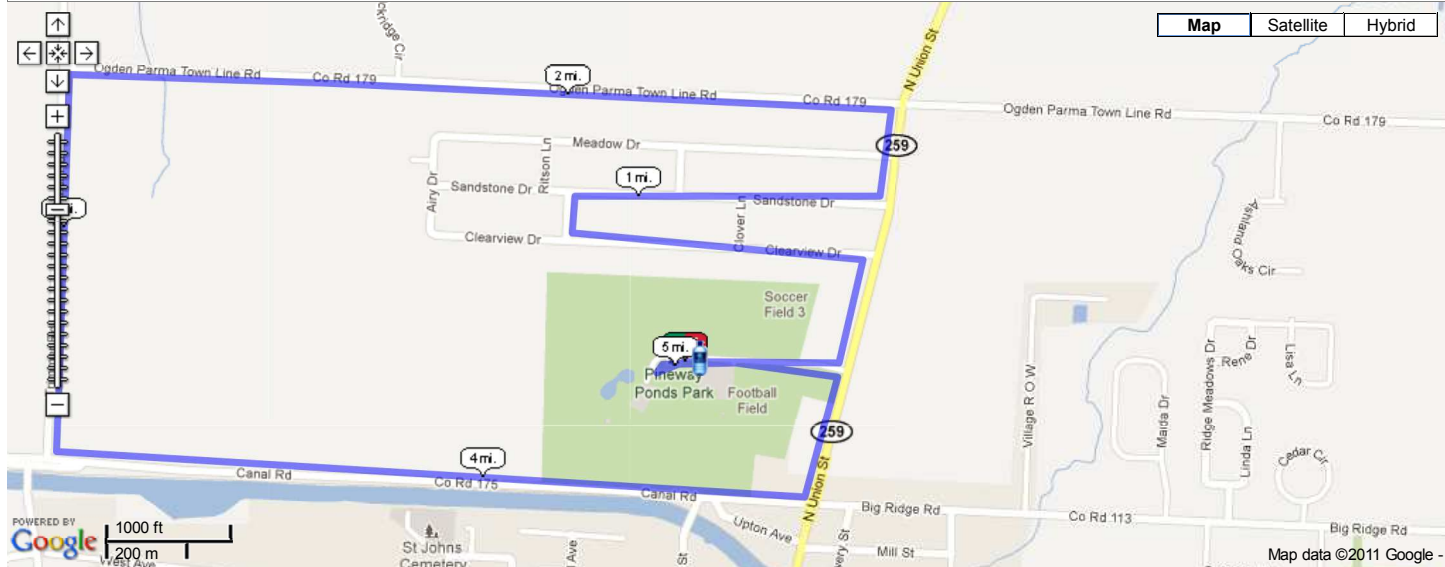


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Pineway Ponds Race

Distance: 5.02 miles / 8.07 km
Location: Start: Pineway Ponds
 Spencerport, NY, US
Attributes: loop, mostly flat, roads
Description: Bathrooms at start/finish. Small hill at 2 miles and 4.2 miles. Good route for pace training. Start, finish near playground on park road.



Elevation Profile



Total climb: 0 feet / 0 m

Total elevation change: 0 feet / 0 m

Added by Michael McCullough on 4/7/2006

DISCLAIMER: USATF and the author of this route make no warranties as to the conditions, safety, distance accuracy, or suitability for running of this route. Run at your own risk!



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