



### 10 miler for 3-13-10

Run South on Rotherwood Ave.

Turn Left at Walnut St.

Turn Left at Alford Blvd. and follow across the Lloyd

Continue on Alford Blvd. as it turns into Iowa St.

Cross Boeke into Wesselman Park and run one complete loop

At the end of the loop, head out of the park

Turn Left on Boeke and run under the Lloyd Expressway

Turn Left on Walnut St.

Turn Right on Vann Ave. and cross the street to run on the limestone path at the State Hospital

The water station will be on the path across from Walnut Ave.

Run one complete loop, returning to the water station

Turn around at the water station and run the same route backwards back to the Armory to

complete 10 miles (runners running 12 miles will not turn around here, so just be aware that some people may continue running past the water station after the first loop)