



10 miler for 1-23-10

Run South on Rotherwood Ave.

Turn Right on Walnut St. and follow to the river

Cross Riverside Dr. and turn Left, running East along the greenway to the end

Follow Riverside to the end (by Sunset Park)

Turn around and run the same way back towards the Armory

Continue on Walnut St. past the Armory

Turn Right onto Vann Ave.

Turn Left onto Lincoln Ave.

Turn around at the end of the grassy field in front of the State Hospital

Run back on Lincoln Ave. heading West towards the Armory

Turn Right onto Rotherwood Ave.

Finish 10 miles at the Armory