



7 miler for 1/30/10

- Run South on Rotherwood Ave. from the Armory
- Turn Left on Bellemeade Ave.
- Turn Right on Alvord Blvd. at about the 1 mile mark
- Turn Left on Washington Ave.
- Turn Left on St. James Blvd.
- Turn Right on Walnut St.
- Turn Right on Vann Ave. and cross the street to run on the limestone path of the State Hospital
- Follow the path to the end (at the water station) at the 3.5 mile mark and turn around
- Run back to the Armory on the same route