



8 miler for 1-30-10

Run South on Rotherwood Ave. from the Armory

Turn Left on Bellemeade Ave.

Turn Right on Alford 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

Turn around at the 4 mile mark when the gravel parking lot is to your right as you follow the road loop around the State Hospital. Do not make a complete loop (see map).

Run the same route back to the Armory, passing the water station again