



8 miles for 2/13/10

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

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

Instead of heading straight back to the Armory on Rotherwood, turn Right on Walnut and run a complete campus loop around UE (Turn Right on Walnut, Right on Weinbach, Right on Lincoln, and Right on Rotherwood to complete the loop) before finishing at the Armory