



7 miler for 2/20/10

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 three complete loops

At the end of the third loop, head out of the park and run back towards the Armory the same way that you came (some runners will be splitting off at the exit of the park...they are running longer)

Turn left on Rotherwood Ave. from Walnut Ave. instead of finishing at the Armory

Run one complete campus loop from this corner and then finish at the Armory

Campus Loop = left at Rotherwood, left at Lincoln, left at Weinbach, and left at Walnut

Summary: 3 Wesselman's loops and then back towards the Armory + one Campus Loop
Water at Wesselman's