



8 miler for 12/12/09

South on Rotherwood Ave. from Armory

Turn Left heading East on Walnut St.

Turn Right heading South on Vann Ave. at about 1.3 miles

Follow limestone/road path around State Hospital for about 1.6 miles

Exit path at about 3 miles by heading East on Lincoln Ave. after one State Hospital lap

Cross Green River Rd. on Lincoln Ave.

Turn Right, heading South on Cullen Ave. at about 4.2 miles

Turn Right on Washington Ave. heading West

Turn Right on Meadow Rd. heading North at about 5.5 miles

Turn Left on Bellemeade and immediately turn Right on Colony Rd. heading North

Turn Left heading West on Lincoln at 6 miles

Turn Right on Rotherwood heading back towards the Amory

End 8 mile run at Walnut Ave.