



10 miler for 2/13/10

- 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 limestone path until the water station at the end and take a right, making a loop around the lake at the State Hospital
- Turn Left at the end of the road loop and cross Lincoln Ave. following Walnut Lane
- Turn around at the 4.5 mile mark when you get to Powell Ave (just over a quarter mile down Walnut Ln.) and run the same route back to the Armory. You will pass the water station again (at the 5.5 mile mark)
- 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