



20 miler for 2/20/10

Run South on Rotherwood Ave.

Turn Left at Walnut St.

Turn Left at Alvord Blvd. and follow across the Lloyd

Continue on Alvord 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

Turn Left on Boeke and run under the Lloyd Expressway

Turn Left on Walnut St.

Turn Right on Vann Ave. and cross the street to run on the limestone path at the State Hospital

Run two complete State Hospital loops on the path (see map)

Turn Right onto Walnut St. at the end of the second loop

Run towards the Armory and then continue running West on Walnut until reaching HWY 41

Turn around at HWY 41 and run the entire route in reverse (this is the 10 mile mark)

Summary: 3 Wesselman's Loops + 2 State Hospital Loops and reverse the loop once arriving at HWY 41

Water at Wesselman's and State Hospital