



12 miler for 3-13-10

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 one complete loop

At the end of the 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

The water station will be on the path across from Walnut Ave.

Run one complete loop, returning to the water station (some runners doing 10 miles will be turning around now, but do not turn around here yet for the 12 mile route)

Begin a second loop and run all the way past the Boy Scout center by the Lloyd Expressway

Turn around at the end of this parking lot (where it circles around) and run the same route backwards to complete the 12 mile run, finishing at the Armory