



12 miler for 2/27/10

- 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 Left on Washington Ave.
- Turn Left on Meadow Rd.
- Turn Right on Bellemeade Ave.
- Turn Left immediately on Blue Ridge Rd.
- At the fork in the road, bear right on East Blue Ridge Rd.
- Turn Right on Lincoln Ave.
- Follow Lincoln Ave. to Green River Rd. where you will turn around and run the same route back to the Armory (this is the 6 mile mark)