



10 miler for 1/2/09

- Head South on Rotherwood
- Turn Left on Walnut St.
- Turn Left on Alvord Blvd.
- Cross over the Lloyd Expressway on the bridge
- Continue running North on Alvord Blvd.
- Follow Alvord until it turns Right into E. Iowa St.
- Cross Boeke Rd. into Wesselman Park
- At the fork in the road keep running straight and run the loop counterclockwise (if North is 12 on the clock)
- Turn Left at the fork when you get back to it, as if you are going to run another entire loop
- Run towards the East end of the golf course
- Turn Right heading towards the Roberts Stadium parking lot (woods will be on left and golf course on right)
- Continue running straight through the parking lot towards the Lloyd Expressway
- Turn Left on a path alongside the South end of the soccer fields
- Follow the path until it meets a driveway that connects to Division St. and cross the Lloyd at Vann Ave.
- Run South along Vann on the limestone path of the State Hospital
- Follow the path until you see the water station, just past mile 4
- Turn Right at water station, and run on the road that loops around the lake (clockwise loop if North is 12)
- Loop back to the water station and then run that same loop around the lake in reverse (counterclockwise)
- Once at the water station for the third time, continue along the path the way you entered, heading North on Vann Ave. and crossing the Lloyd and heading back to Wesselman Park (run that loop in reverse too)
- Finish 10 miles at the Armory