



14 miler for 1/9/10

Turn Right on E. Olive St.

Turn Right on Runnymede Ave.

Turn Left on E. Sycamore St.

Turn Right on S. Harlan Ave.

Cross the Lloyd Expressway on the bridge (exit the bridge and continue on N. Harlan Ave.)

Turn Right on Franklin St.

Turn Left onto Willow Rd. at 1 mile and follow into Oak Hill Cemetery across Oak Hill St.

Take first right in the cemetery and follow the loop around the perimeter of the cemetery (when there is any splitting in the path ALWAYS follow the path going right)

Run a second loop around the cemetery once arriving back to the entrance

Take first right in the cemetery and follow the loop around the perimeter of the cemetery (when there is any splitting in the path ALWAYS follow the path going right)

Turn Right out of the cemetery after two complete loops (about a 2 miles for each loop) and run the same way back to the bridge across the Lloyd Expressway on Harlan Ave.

Continue heading South on S Harlan Ave. until Lincoln Ave.

Turn Left on Lincoln Ave. at just over 6 miles

Turn Left on Alvord Blvd.

Cross the Lloyd Expressway on the bridge on Alvord Blvd.

Follow Alvord until it turns Right into E. Iowa St.

Cross Boeke Rd. into Wesselman Park

Turn Left when the road splits and follow the loop Clockwise around the park

Continue straight onto the bike path heading towards the Roberts Stadium parking lot instead of completing the loop

Turn around at the end of the bike path before entering the parking lot at Roberts Stadium

Run the same way back to the bridge on Alvord Blvd.

Continue running South on Alvord Blvd. after crossing the Lloyd

Turn Right onto Lincoln Ave.

Turn Right onto Rotherwood Ave. and run 2 complete loops around the UE block before finishing at Armory