



18 miler for 1-23-10

- Run South on Rotherwood Ave.
- Turn Right on Walnut St. and follow to the river
- Cross Riverside Dr. and turn Left, running East along the greenway to the end
- Follow Riverside to Waterworks Rd. (by Sunset Park)
- Follow Waterworks Rd. to HWY 41
- Cross 41 and continue on Shawnee Dr. (straight across the highway)
- Turn Left on Weinbach Ave. heading North
- Turn Right on Lincoln Ave.
- Cross Vann Ave. and run on the limestone path around the State Hospital
- Follow the Loop around the State Hospital until reaching Walnut Ave.
- Turn Right onto Walnut St.
- Turn Right onto Boeke Rd.
- Turn Right into Wesselman Woods
- Run the loop around Wesselman Woods and head out of the park
- Cross Boeke Rd. onto Iowa St. this time and follow it as it curves to the left becoming Alvord Blvd.
- Cross the Lloyd Expressway on the bridge and continue on Alvord Blvd.
- Turn Right on Walnut St.
- Turn Right onto Bennighof Ave.
- Turn Right onto Walnut St.
- Turn Left onto Rotherwood Ave. and finish 18 miles at the Armory