



9 miler for 1-30-10

Run South on Rotherwood Ave. from the Armory

Turn Left on Bellemeade Ave.

Turn Right on Alford 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 around at the 4.5 mile mark when you get to Powell Ave (just over a quarter mile down Walnut Ln.) and run the same route back to the Armory. You will pass the water station again (at the 5.5 mile mark)