



11 miler

Run South on Rotherwood Ave.

Turn Left at Walnut St.

Turn Left at Alvord Blvd. and follow across the Lloyd

Continue on Alvord Blvd. as it turns into Iowa St.

Cross Boeke into Wesselman Park and run three complete loops

At the end of the third loop, head out of the park

Turn Left on Boeke and run under the Lloyd Expressway

Turn Left on Walnut St.

Turn Right on Vann Ave. and cross the street to run on the limestone path at the State Hospital

Run two complete State Hospital loops on the path (see map)

Turn Right onto Walnut St. at the end of the second loop

Run West towards UE

Turn Left on Weinbach instead of running back to the Armory

Run one complete campus loop (around the block)

Start to run another campus loop but complete the run at the Armory instead of running back to the corner of Weinbach and Walnut (about 1.75 campus loops total)

Summary: 3 Wesselman's loop + 2 State Hospital Loops + 2 campus loops

Water at Wesselman's and State Hospital