



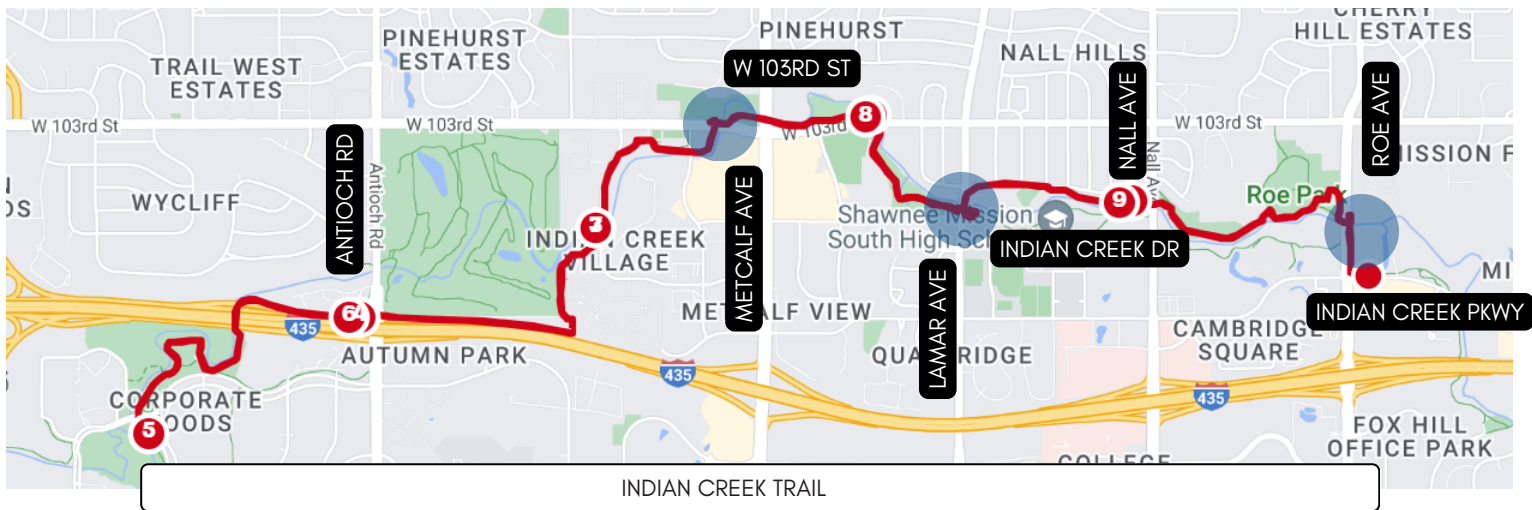
## HOME BASE - COACH AMY PT 10 MILE COURSE

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### FROM HOME BASE TO 5 MILE TURNAROUND

1. HEAD WEST ON INDIAN CREEK PKWY TO ROE AVE
2. NORTH (RIGHT) ON ROE AVE TO THE LOOP
3. FOLLOW THE LOOP UNDER ROE AVE TO HEAD WEST ON THE TRAIL
4. SOUTHWEST (LEFT) AT THE PLAYGROUND WHEN ENTERING ROE PARK
5. WEST (LEFT) HALFWAY AROUND THE LOOP AT ROE PARK
6. WEST (SLIGHT LEFT) ON INDIAN CREEK DR
7. SOUTHWEST (SLIGHT LEFT) BACK ON THE TRAIL
8. FOLLOW THE LOOP UNDER LAMAR TO HEAD WEST ON THE TRAIL
9. CROSS METCALF AVE AND STAY ON THE TRAIL
10. FOLLOW THE LOOP UNDER 103RD ST TO HEAD SOUTH ON THE TRAIL
11. FOLLOW THE LOOP UNDER CONSER TO HEAD SOUTH AND WEST ON THE TRAIL
12. WEST (RIGHT) ON THE TRAIL AT INDIAN CREEK PKWY IN CORPORATE WOODS
13. FOLLOW THE MAIN TRAIL AROUND CORPORATE WOODS TO THE 5-MILE TURNAROUND

### 5-MILE TURNAROUND JUST PAST 109TH ST



### FROM 5 MILE TO HOME BASE

1. FOLLOW THE MAIN TRAIL NORTH, EAST, AND SOUTH AROUND CORPORATE WOODS
2. NORTHEAST (SLIGHT LEFT) AT THE FORK IN THE TRAIL AT INDIAN CREEK PKWY
3. FOLLOW THE LOOP UNDER CONSER TO HEAD NORTH ON THE TRAIL
4. FOLLOW THE LOOP UNDER 103RD ST TO HEAD EAST ON THE TRAIL
5. CROSS METCALF AVE AND STAY ON THE TRAIL
6. FOLLOW THE LOOP UNDER LAMAR TO HEAD SOUTH AND EAST ON THE TRAIL
7. EAST (SLIGHT RIGHT) ON INDIAN CREEK DR
8. EAST (SLIGHT RIGHT) BACK ON THE TRAIL
9. SOUTH (RIGHT) ON THE ROE PARK LOOP
10. EAST (RIGHT) AT THE PLAYGROUND TO EXIT ROE PARK
11. FOLLOW THE LOOP UNDER ROE AVE
12. SOUTH (LEFT) ON ROE AVE TO INDIAN CREEK PKWY
13. EAST (LEFT) ON INDIAN CREEK PKWY TO HOME BASE