

ROADRUNNERS

OF Kansas City

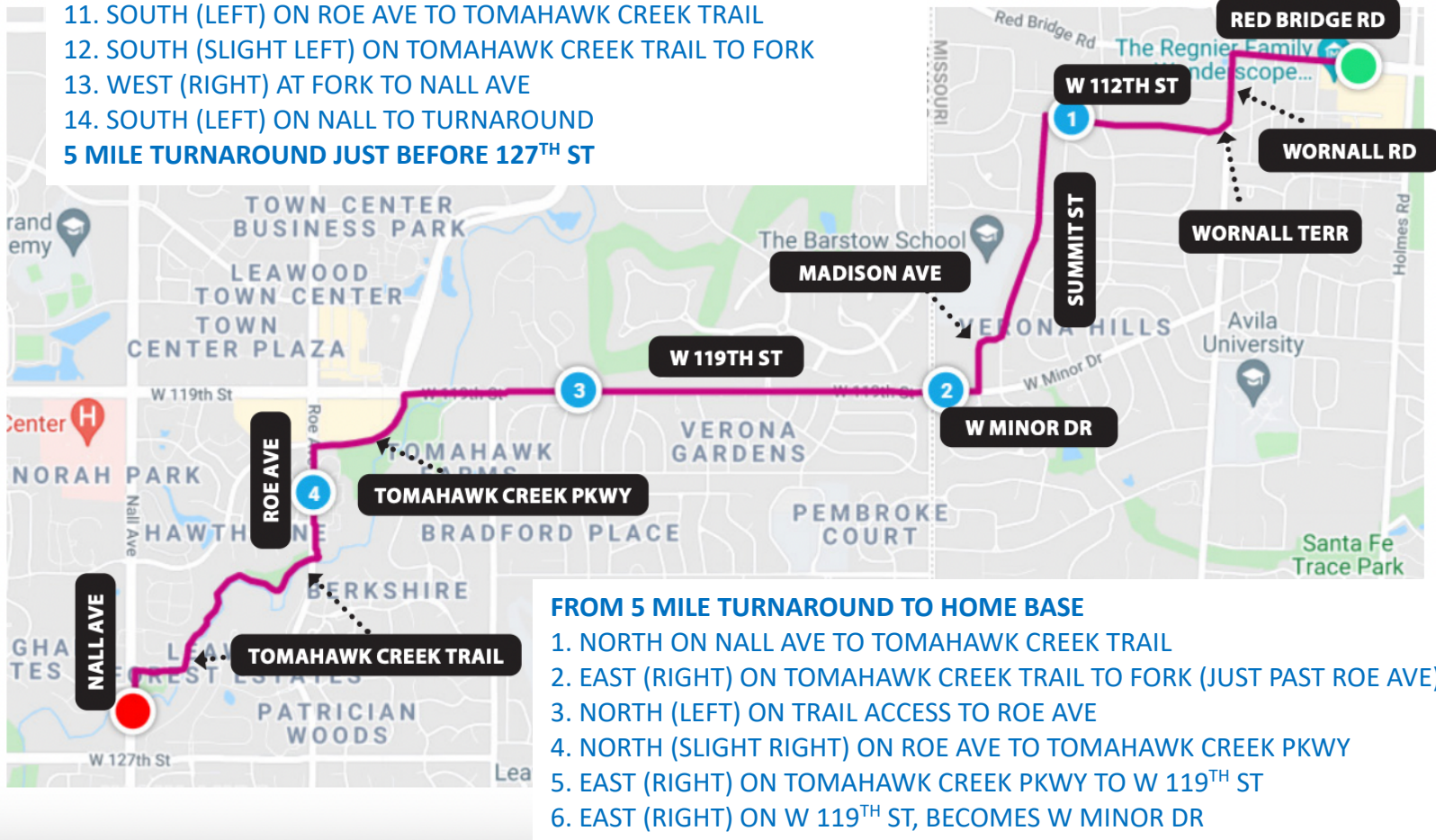


HOME BASE – CROWS COFFEE

10 MILE COURSE

FROM HOME BASE TO 5 MILE TURNAROUND

1. HEAD NORTH THROUGH THE PARKING LOT TO RED BRIDGE RD
 2. WEST (LEFT) ON RED BRIDGE RD TO WORNALL RD
 3. SOUTH (LEFT) ON WORNALL RD TO WORNALL TERR
 4. SOUTHWEST (SLIGHT RIGHT) ON WORNALL TERR TO W 112TH ST
 5. WEST (RIGHT) ON W 112TH ST TO SUMMIT ST
 6. SOUTH (LEFT) ON SUMMIT ST TO MADISON AVE
 7. WEST (RIGHT) ON MADISON AVE TO W MINOR DR
 8. WEST (RIGHT) ON W MINOR DR, BECOMES W 119TH ST
 9. CONTINUE ON W 119TH ST TO TOMAHAWK CREEK PKWY
 10. SOUTH (LEFT) ON TOMAHAWK CREEK PKWY TO ROE AVE (EAST SIDE)
 11. SOUTH (LEFT) ON ROE AVE TO TOMAHAWK CREEK TRAIL
 12. SOUTH (SLIGHT LEFT) ON TOMAHAWK CREEK TRAIL TO FORK
 13. WEST (RIGHT) AT FORK TO NALL AVE
 14. SOUTH (LEFT) ON NALL TO TURNAROUND
- 5 MILE TURNAROUND JUST BEFORE 127TH ST**



FROM 5 MILE TURNAROUND TO HOME BASE

1. NORTH ON NALL AVE TO TOMAHAWK CREEK TRAIL
2. EAST (RIGHT) ON TOMAHAWK CREEK TRAIL TO FORK (JUST PAST ROE AVE)
3. NORTH (LEFT) ON TRAIL ACCESS TO ROE AVE
4. NORTH (SLIGHT RIGHT) ON ROE AVE TO TOMAHAWK CREEK PKWY
5. EAST (RIGHT) ON TOMAHAWK CREEK PKWY TO W 119TH ST
6. EAST (RIGHT) ON W 119TH ST, BECOMES W MINOR DR
7. CONTINUE ON W MINOR DR TO MADISON AVE
8. NORTH (LEFT) ON MADISON AVE TO SUMMIT ST
9. NORTH (LEFT) ON SUMMIT ST TO W 112TH ST
10. EAST (RIGHT) ON W 112TH ST TO WORNALL TERR
11. NORTH (SLIGHT LEFT) ON WORNALL TERR TO WORNALL RD
12. NORTH (LEFT) ON WORNALL RD TO RED BRIDGE RD
13. EAST (RIGHT) ON RED BRIDGE RD TO PARKING LOT
14. SOUTH (RIGHT) THROUGH THE PARKING LOT TO HOME BASE