

Powered by CoachAmyPT 😪

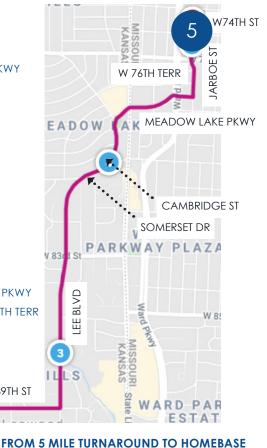
HOME BASE - MEADOWBROOK PARK 10 MILES COURSE

FROM HOME BASE TO TURNAROUND

- 1. SOUTH ON ACCESS RD TO NALL AVE
- 2. SOUTH (LEFT) ON NALL AVE TO MEADOWBROOK PKWY
- 3. EAST (LEFT) ON MEADOWBROOK PKWY TO MEADOWBROOK PKWY
- 4. NORTH (LEFT) ON MEADOWBROOK PKWY TO ROE AVE
- 5. SOUTH (RIGHT) ON ROE AVE TO W 91ST ST
- 6. EAST (LEFT) ON W 91ST ST TO MISSION RD
- 7. SOUTH (RIGHT) ON MISSION RD TO W 92ND TERR
- 8. EAST (LEFT) ON W 92ND TERR TO WENONGA RD
- 9. NORTHEAST (SLIGHT LEFT) ON WENONGA RD TO W 91ST ST
- 10. NORTHWEST (LEFT) ON W 91ST ST TO ENSLEY LN
- 11. NORTH (RIGHT) ON ENSLEY LN TO W 89TH ST
- 12. EAST (RIGHT) ON W 89TH ST TO LEE BLVD
- 13. NORTH (LEFT) ON LEE BLVD, BECOMES SOMERSET DR
- 14. CONTINUE ON SOMERSET DR TO CAMBRIDGE ST
- 15. NORTHEAST (KEEP LEFT) ON CAMBRIDGE ST TO MEADOW LAKE PKWY
- 16. EAST (SLIGHT RIGHT) ON MEADOW LAKE PKWY, BECOMES W 76TH TERR
- 17. CONTINUE ON W 76TH TERR TO JARBOE ST
- 18. NORTH (LEFT) ON JARBOE ST TO 5 MILE

5 MILE TURNAROUND JUST PAST W 74TH ST





- 1. SOUTH ON JARBOE ST TO W 76TH TERR
- 2. WEST (RIGHT) ON W 76TH TERR, BECOMES MEADOW LAKE PKWY
- 3. CONTINUE ON MEADOW LAKE PKWY TO CAMBRIDGE ST
- 4. SOUTHWEST (SLIGHT LEFT) ON CAMBRIDGE ST, BECOMES SOMERSET DR
- 5. CONTINUE ON SOMERSET DR TO LEE BLVD
- 6. SOUTHWEST (KEEP LEFT) ON LEE BLVD TO W 89TH ST
- 7. WEST (RIGHT) ON W 89TH ST TO ENSLEY LN
- 8. SOUTH (LEFT) ON ENSLEY LN TO W 91ST ST
- 9. SOUTHEAST (SLIGHT LEFT) ON W 91ST ST TO WENONGA RD
- 10. SOUTHWEST (SLIGHT RIGHT) ON WENONGA RD TO W 92ND TERR
- 11. NORTHWEST (RIGHT) ON W 92ND TERR TO MISSION RD
- 12. NORTH (RIGHT) ON MISSION RD TO W 91ST ST
- 13. WEST (LEFT) ON W 91ST ST TO ROE AVE
- 14. NORTH (RIGHT) ON ROE AVE TO MEADOWBROOK PKWY
- 15. WEST (LEFT) ON MEADOWBROOK PKWY TO MEADOWBROOK PKWY
- 16. WEST (RIGHT) ON MEADOWBROOK PKWY TO NALL AVE
- 17. NORTH (RIGHT) ON NALL AVE TO ACCESS RD
- 18. EAST (RIGHT) ON ACCESS RD TO HOMEBASE