

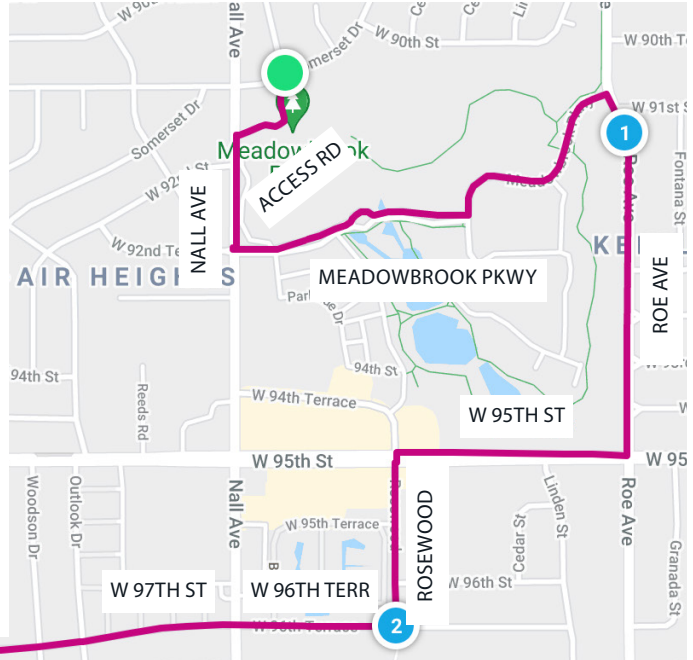


Powered by CoachAmyPT 

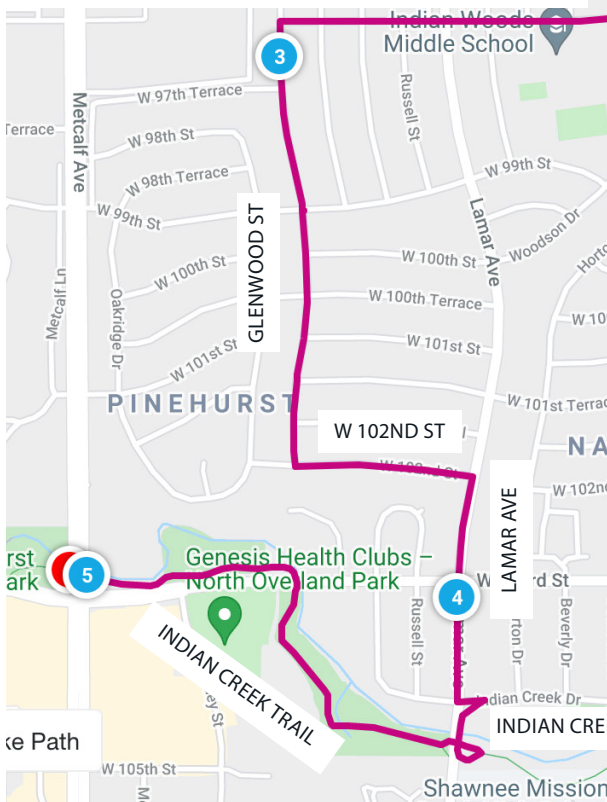
HOME BASE - MEADOWBROOK PARK 10 MILES

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 95TH ST
6. WEST (RIGHT) ON W 95TH ST TO ROSEWOOD
7. SOUTH (LEFT) ON ROSEWOOD TO W 96TH TERR
8. WEST (RIGHT) ON W 96TH TERR, BECOMES W 97TH ST
9. CONTINUE ON W 97TH ST TO GLENWOOD ST
10. SOUTH (LEFT) ON GLENWOOD ST TO W 102ND ST
11. EAST (LEFT) ON W 102ND ST TO LAMAR AVE
12. SOUTH (RIGHT) ON LAMAR AVE TO INDIAN CREEK DR
13. EAST (LEFT) ON INDIAN CREEK DR TO INDIAN CREEK TRAIL
14. SOUTHWEST (HARD RIGHT) ONTO INDIAN CREEK TRAIL
15. KEEP LEFT AND GO UNDER LAMAR AVE
16. FOLLOW TRAIL TO 5 MILE TURNAROUND



5 MILE TURNAROUND AT METCALF



FROM 5 MILE TO TURNAROUND

1. EAST ON INDIAN CREEK TRAIL
2. FOLLOW TRAIL AND GO UNDER LAMAR AVE
3. KEEP RIGHT AND GO OVER TRAIL TO INDIAN CREEK DR
4. WEST (HARD LEFT) ON INDIAN CREEK DR TO LAMAR AVE
5. NORTH (RIGHT) ON LAMAR AVE TO W 102ND ST
6. WEST (LEFT) ON W 102ND ST TO GLENWOOD ST
7. NORTH (RIGHT) ON GLENWOOD ST TO W 97TH ST
8. EAST (RIGHT) ON W 97TH ST, BECOMES W 96TH TERR
9. CONTINUE ON W 96TH TERR TO ROSEWOOD
10. NORTH (LEFT) ON ROSEWOOD TO W 95TH ST
11. EAST (RIGHT) ON W 95TH ST TO ROE AVE
12. NORTH (LEFT) ON ROE AVE TO MEADOWBROOK PKWY
13. WEST (LEFT) ON MEADOWBROOK PKWY TO MEADOWBROOK PKWY
14. WEST (RIGHT) ON MEADOWBROOK PKWY TO NALL AVE
15. NORTH (RIGHT) ON NALL AVE TO ACCESS RD
16. EAST (RIGHT) ON ACCESS ROAD TO HOME BASE