

HOME BASE - MEADOWBROOK PARK

10 MILES | 14 MILE COURSE



Powered by CoachAmyPT

FROM HOME BASE TO 5 MILE TURNAROUND

1. WEST ON ACCESS ROAD TO NALL AVE
2. NORTH (RIGHT) ON NALL AVE TO W 91ST ST
3. WEST (LEFT) ON W 91ST ST TO OUTLOOK DR
4. NORTH (RIGHT) ON OUTLOOK DR TO W 87TH TERR
5. WEST (LEFT) ON W 87TH TERR TO WOODSON DR
6. NORTH (RIGHT) ON WOODSON DR TO W 87TH ST
7. WEST (LEFT) ON W 87TH ST TO SOUTH LAKE PARK TRAIL
8. NORTH (RIGHT) ON PARK TRAIL, KEEP RIGHT AT THE FORK
9. COMPLETE ONE LOOP BACK TO THE FORK
10. SOUTHEAST (RIGHT) ON PARK TRAIL TO W 87TH ST
11. WEST (RIGHT) ON W 87TH ST TO LOWELL AVE
12. SOUTH (LEFT) ON LOWELL AVE TO CHEROKEE PARK TRAIL
13. WEST (RIGHT) ON PARK TRAIL TO HEMLOCK DR
14. SOUTH (LEFT) ON HEMLOCK DR, BECOMES W 91ST TERR
15. CONTINUE WEST ON W 91ST TERR TO ANTIOCH RD
16. SOUTH (LEFT) ON ANTIOCH RD TO W 97TH ST
17. WEST (RIGHT) ON W 97TH ST TO ENGLAND DR/ST
18. SOUTH (LEFT) ON ENGLAND DR/ST TO 5 MILE

5 MILE TURNAROUND JUST PAST W 98TH TERR

5 MILE TO 7 MILE TURNAROUND

19. CONTINUE SOUTH ON ENGLAND DR/ST TO CONNELL DR
20. SOUTH (LEFT) ON CONNELL DR TO W 103RD ST
21. EAST (LEFT) ON W 103RD ST TO ANTIOCH RD
22. SOUTH (RIGHT) ON ANTIOCH RD TO INDIAN CREEK TRAIL
23. SOUTHWEST (RIGHT) ON TRAIL TO 7 MILE

7 MILE TURNAROUND IS JUST PAST 435 BRIDGE



FROM 7 TURNAROUND TO 5 MILE

1. NORTH ON TRAIL TO FORK
2. NORTH (LEFT) AT FORK TO ANTIOCH RD
3. NORTH (SLIGHT LEFT) ON ANTIOCH RD TO W 103RD ST
4. WEST (LEFT) ON W 103RD ST TO CONNELL DR
5. NORTH (RIGHT) ON CONNELL DR TO ENGLAND DR/ST
6. NORTHEAST (RIGHT) ON ENGLAND DR/ST TO 5 MILE

5 MILE JUST BEFORE W 98TH TERR

5 MILE TO HOME BASE

7. CONTINUE NORTH TO W 97TH ST
8. EAST (RIGHT) ON W 97TH ST TO ANTIOCH RD
9. NORTH (LEFT) ON ANTIOCH RD TO W 91ST TERR
10. EAST (RIGHT) ON W 91ST TERR, CONTINUES AS HEMLOCK DR
11. CONTINUE NORTH ON HEMLOCK DR TO CHEROKEE PARK
12. EAST (RIGHT) ON PARK TRAIL TO LOWELL AVE
13. NORTH (LEFT) ON LOWELL AVE TO W 87TH ST
14. EAST (RIGHT) ON W 87TH ST TO 2ND PARK ENTRANCE
15. NORTH (LEFT) INTO SOUTH LAKE PARK, COMPLETE LOOP
16. SOUTHEAST (RIGHT) ON PARK TRAIL TO EXIT PARK TO W 87TH ST
17. EAST (LEFT) ON W 87TH ST TO WOODSON DR
18. SOUTH (RIGHT) ON WOODSON DR TO W 87TH TERR
19. EAST (LEFT) W 87 TERR TO OUTLOOK DR
20. SOUTH (RIGHT) ON OUTLOOK DR TO W 91ST ST
21. EAST (LEFT) ON W 91ST ST TO NALL AVE
22. SOUTH (RIGHT) ON NALL AVE TO MEADOWBROOK PARK
23. EAST (LEFT) ON ACCESS RD TO HOME BASE