

HOME BASE - MEADOWBROOK PARK

10 MILES | 20 MILE COURSE

FROM HOME BASE TO 5 MILE TURNAROUND

1. WEST ON ACCESS RD TO NALL AVE
2. SOUTH (LEFT) ON NALL AVE TO MEADOWBROOK PKWY
3. EAST (LEFT) ON MEADOWBROOK PKWY TO PARK TRAIL
4. SOUTH (RIGHT) ON TRAIL AROUND THE LAKES TO THE EAST SIDE
5. NORTH ON TRAIL, STAY RIGHT TO ROE AVE
6. CONTINUE NORTH ON ROE AVE TO SOMERSET DR
7. NORTHEAST (RIGHT) ON SOMERSET DR TO W 82ND TERR
8. WEST (LEFT) W 82ND TERR, BECOMES ROSEWOOD DR
9. CONTINUE ON ROSEWOOD DR TO W 81ST ST
10. WEST (LEFT) ON W 81ST ST, KEEP RIGHT TO TOMAHAWK RD
11. NORTH (RIGHT) ON TOMAHAWK RD TO W 78TH ST
12. SOUTHEAST (RIGHT) ON W 78TH ST TO NALL AVE
13. NORTH (LEFT) NALL AVE TO W 77TH ST
14. EAST (RIGHT) ON W 77TH ST TO 5 MILE

5 MILE TURNAROUND JUST BEFORE ASH ST



5 MILE TO 10 MILE TURNAROUND

15. CONTINUE ON W 77TH ST TO ROE AVE
16. NORTH (LEFT) ON ROE AVE TO PORTER PARK
17. EAST (RIGHT) AT 2ND ENTRANCE TO PORTER PARK TRAIL
18. CONTINUE THROUGH PARKING LOT TO TOMAHAWK RD
19. NORTHEAST (RIGHT) ON TOMAHAWK RD TO W 69TH ST
20. EAST (SLIGHT RIGHT) ON W 69TH ST TO WORNALL RD
21. SOUTH (RIGHT) ON WORNALL RD TO W GREGORY BLVD
22. WEST (RIGHT) ON GREGORY BLVD TO SUMMIT ST
23. SOUTH (LEFT) ON SUMMIT ST TO W 75TH ST
24. WEST (RIGHT) ON W 75TH ST TO JARBOE ST
25. SOUTH (LEFT) ON JARBOE ST TO 10 MILE

10 MILE TURNAROUND IS AT W 75TH TERR

FROM 10 TURNAROUND TO 5 MILE

1. NORTH ON JARBOE ST TO W 75TH ST
2. EAST (RIGHT) ON W 75TH ST TO SUMMIT ST
3. NORTH (LEFT) ON SUMMIT ST TO W GREGORY BLVD
4. EAST (RIGHT) ON GREGORY BLVD TO WORNALL RD
5. NORTH (LEFT) WORNALL RD TO W69TH ST
6. WEST (LEFT) ON W 69TH ST TO TOMAHAWK RD
7. SOUTHWEST (LEFT) ON TOMAHAWK RD TO PORTER PARK
8. SOUTH (LEFT) TO PORTER PARK TRAIL TO ROE AVE
9. SOUTH (LEFT) ON ROE AVE TO W 77TH ST
10. WEST (RIGHT) ON W 77TH ST TO 5 MILE

5 MILE JUST BEFORE W 77TH CIR

5 MILE TO HOMEBASE

11. CONTINUE ON W 77TH ST TO NALL AVE
12. SOUTH (LEFT) ON NALL AVE TO W 78TH ST
13. WEST (RIGHT) ON W 78TH ST TO TOMAHAWK RD
14. SOUTHWEST (LEFT) ON TOMAHAWK RD TO W 81ST ST
15. EAST (LEFT) ON W 81ST ST, KEEP RIGHT TO ROSEWOOD DR
16. SOUTHEAST (SLIGHT RIGHT) ON ROSEWOOD DR, BECOMES W 82ND TERR
17. CONTINUE ON W 82ND TERR TO SOMERSET DR
18. SOUTH (RIGHT) ON SOMERSET DR TO ROE AVE
19. SOUTH (LEFT) ON ROE AVE TO MEADOWBROOK PKWY TRAIL
20. WEST (RIGHT) ON MEADOWBROOK PKWY TRAIL, KEEP LEFT
21. SOUTH ON TRAIL, AROUND LAKES TO THE WEST SIDE
22. NORTH ON TRAIL TO MEADOWBROOK PKWY
23. WEST (LEFT) ON MEADOWBROOK PKWY TO NALL AVE
24. NORTH (RIGHT) ON NALL AVE TO ACCESS RD
25. EAST (RIGHT) ON ACCESS RD TO HOMEBASE



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