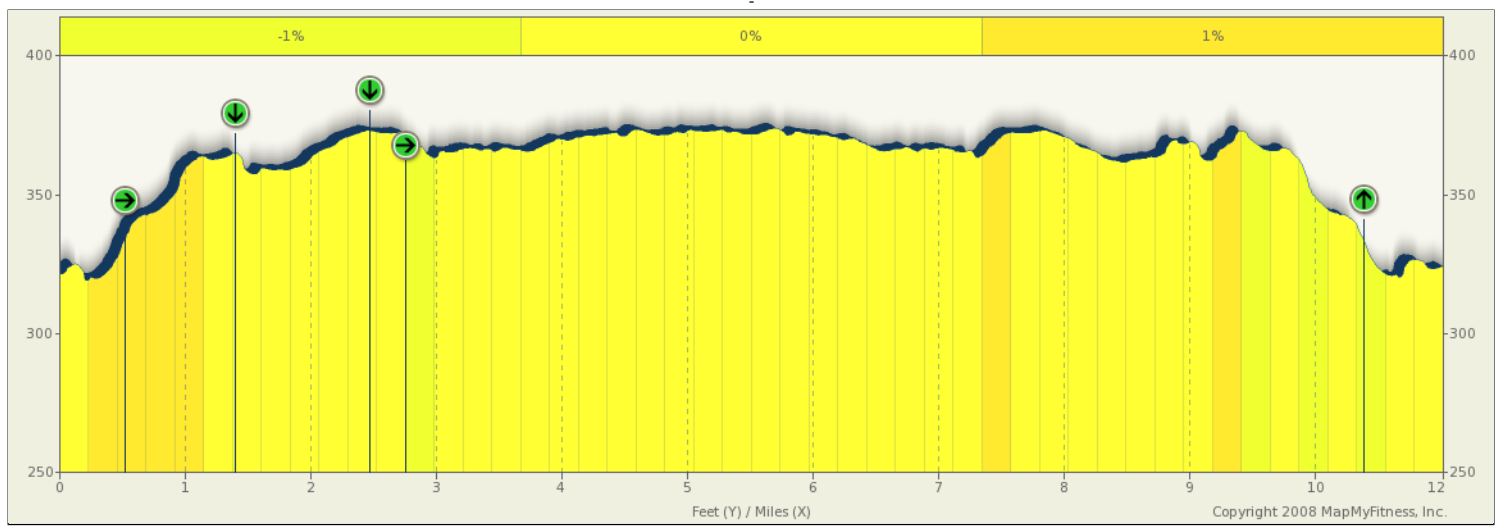
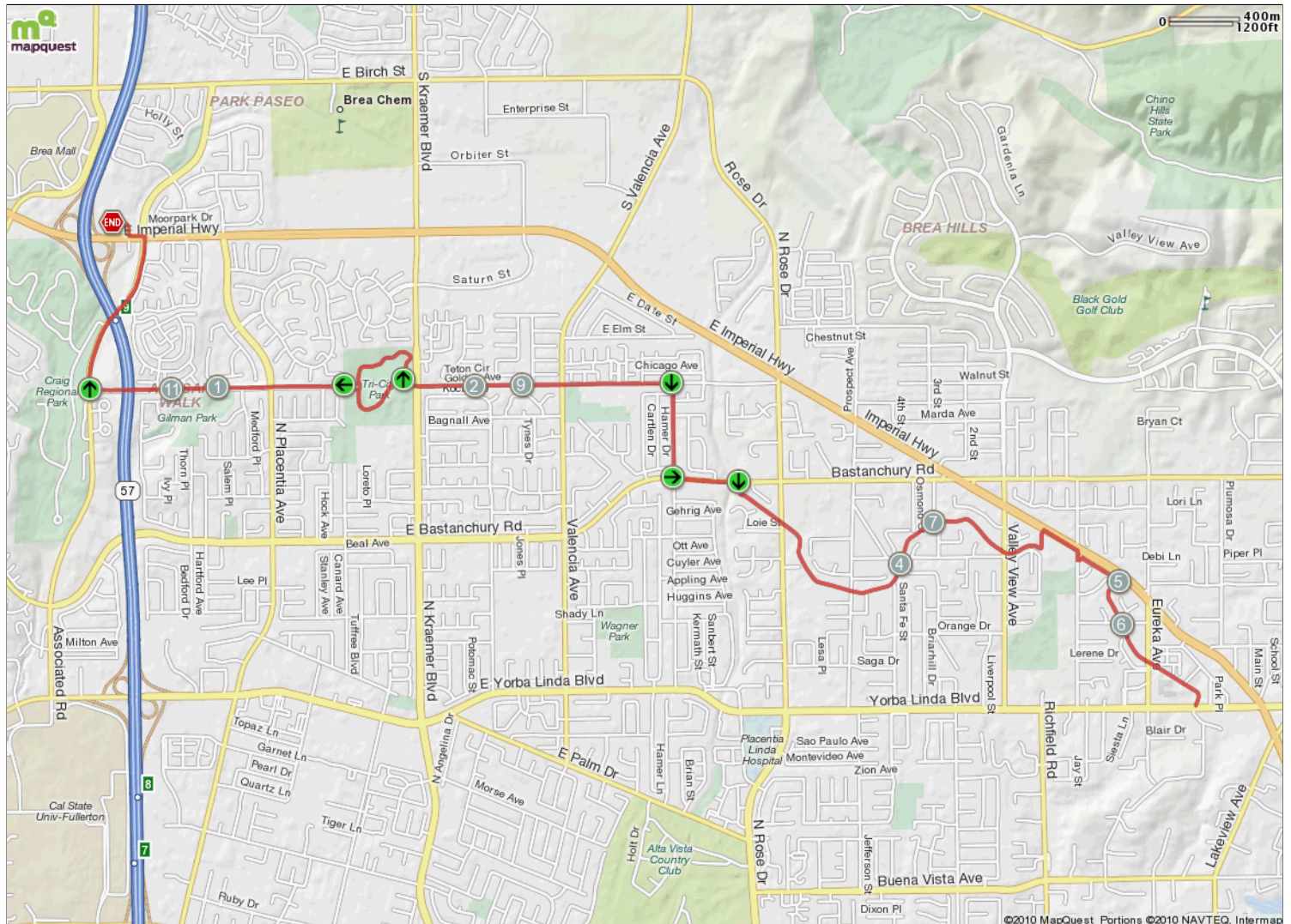


ROUTE DESCRIPTION:
 No Description Provided



ROUTE DESCRIPTION:
 No Description Provided

Notes		
AT	FOR	NOTES
0.01 mi.	2930ft	Run SOUTH on Associated Rd.
0.56 mi.	5032ft	LEFT Rolling Hills Dr. to Tri- City Park
1.52 mi.	1526ft	Run to east side of lake exit park at Golden Ave.
1.81 mi.	4681ft	Run EAST on Golden Ave.
2.69 mi.	1647ft	RIGHT on McCormack Lane
3 mi.	1194ft	LEFT on Bastanchury Rd.
3.23 mi.	6mi 1173ft	Run on YL trail to Nixon Library back

Notes		
AT	FOR	NOTES
9.45 mi.	5133ft	Return to Tri- City Park run 1 1/2 times around the lake
10.43 mi.	4637ft	Exit park run WEST on Golden Ave.
11.3 mi.	3701ft	RIGHT on Associated Rd.
12 mi.	0ft	Return to Panera
12 mi.	-	Return to Panera