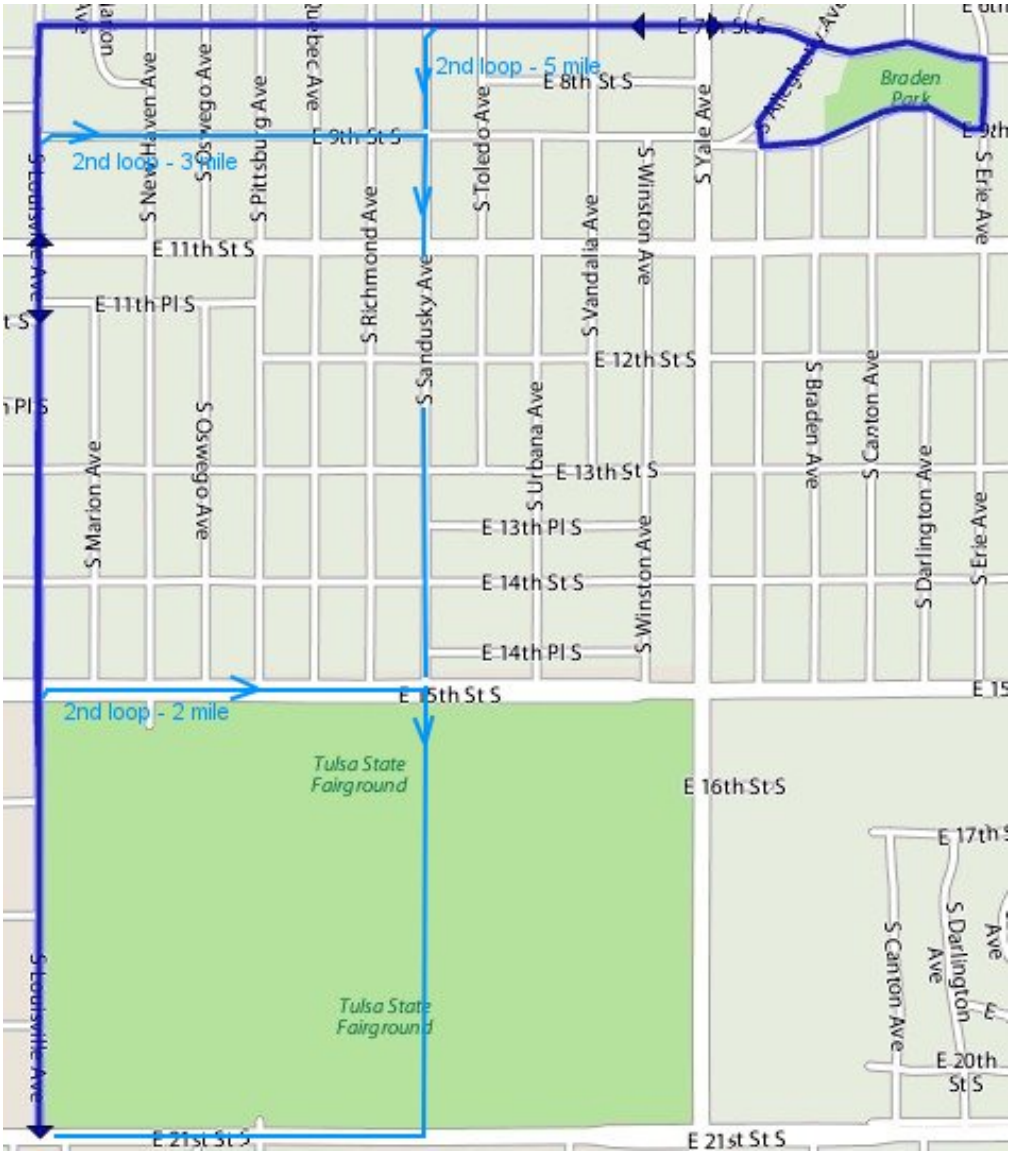
January 7 – Start at Expo Square

Today we start with the 5 mile route at the right.



Directions: Start north on Louisville. Turn right on 7th St. Run past Braden Park and turn right on Erie. Another right on 9th St., and then another right on Allegheny. Turn left on 7th and then another left on Louisville. Don't you just love finishing with that long gradual uphill?

If you are going further than 5 miles, you are free to add on however you wish. Suggested routes are listed below.

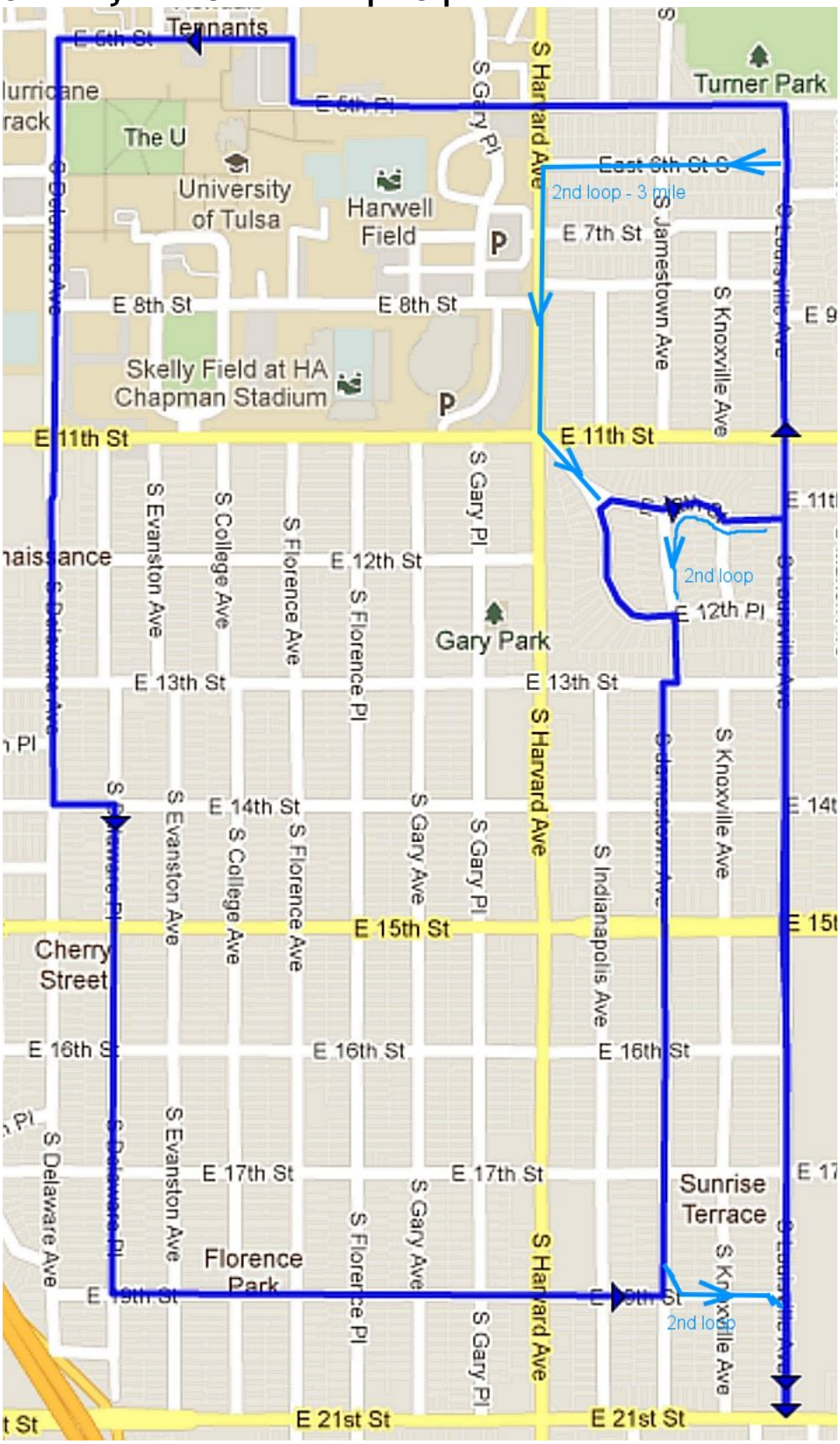
Beginner Half: 5 miles.

Beginner Full: 7 miles. Suggested route for your next 2 miles: Run north on Louisville, right on 15th St., right on Sandusky, and right on 21st.

Advanced Half, Intermediate Full: 8 miles. Suggested route for your next 3 miles: Go north on Louisville. Turn right on 9th St., right on Sandusky, and right on 21st.

Advanced Full: 10 miles. Suggested route for your next 5 miles. Run north on Louisville, turn right on 7th, and go around Braden Park as before. On the way back turn left on Sandusky and see if you can catch the other groups. Turn right on 21st.

January 14 – Start at Expo Square



We all start with the 6 mile route at left.

Directions: North on Louisville, left on 5th Pl, right on Florence, left on 5th St., left on Delaware, left on 14th, right on Delaware Pl., left on 19th St, left on Jamestown, left on Indianapolis, right on 12th St, right on Louisville.

If you are going further than 6 miles, you are free to add on however you wish. Suggested routes are listed below.

Beginner and Advanced Half: 6 miles.

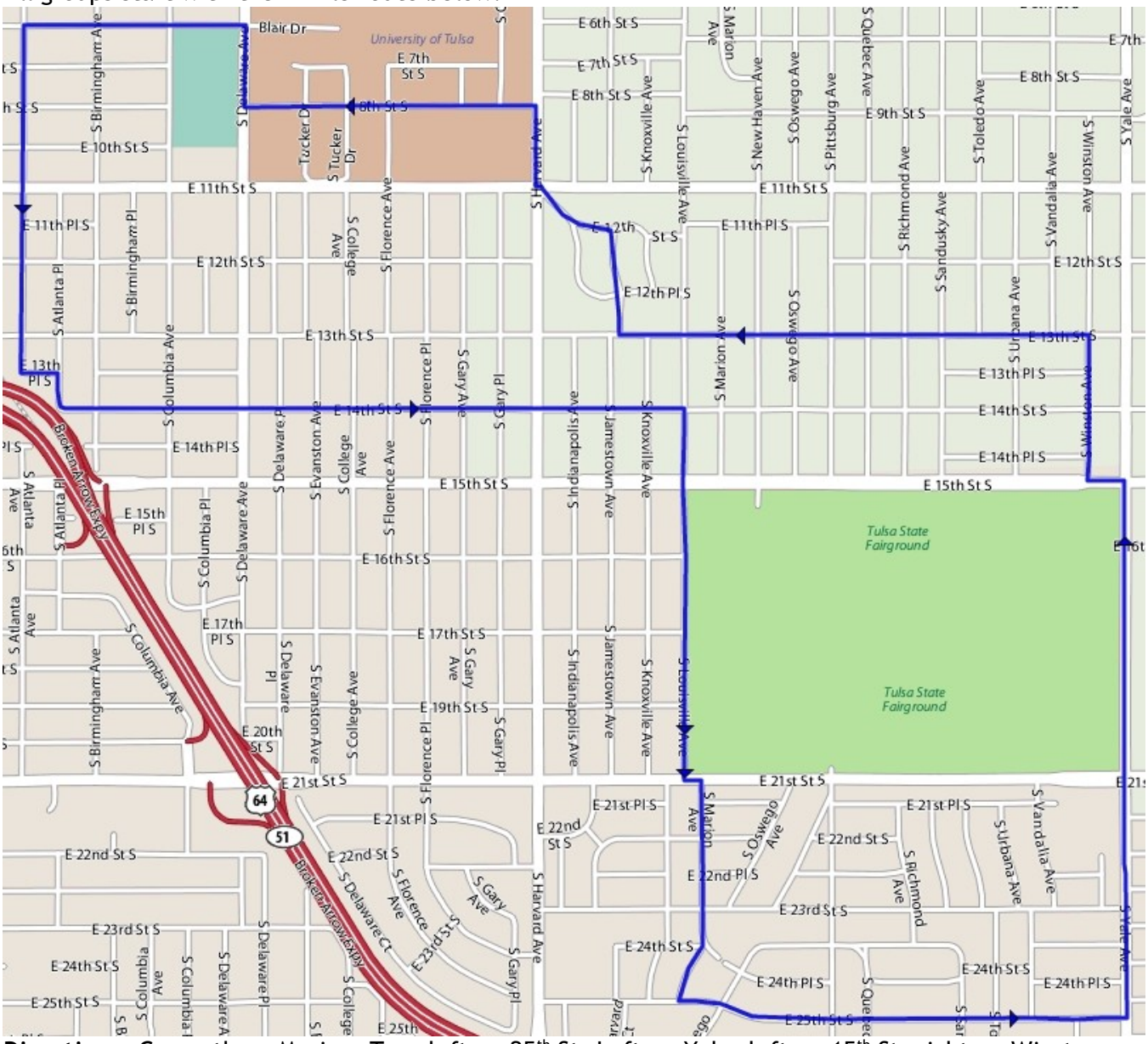
Beginner Full: 8 miles. Suggested 2 mile route: North on Louisville, left on 12th St, left on Jamestown, left on 19th, right on Louisville.

Intermediate Full: 9 miles. Suggested 3 mile route: North on Louisville, left on 6th St, left on Harvard. At 11th St, sort of veer to the left to go up Indianapolis. Right on Jamestown, left on 19th, right on Louisville.

Advanced Full: 12 miles. Suggested 6 mile route: Run the first route in reverse.

January 21 – Start at Expo Square

All groups start with the 7 mile route below.



Directions: Go south on Marion. Turn left on 25th St. Left on Yale, left on 15th St, right on Winston, left on 13th St, rigth on Jamestown, left on 12th St. North on Harvard, left on 8th St, right on Delaware, left on 6th St, left on Atlanta Ave. Left on 13th Pl, right on Atlanta Pl, left on 14th St, right on Louisville.

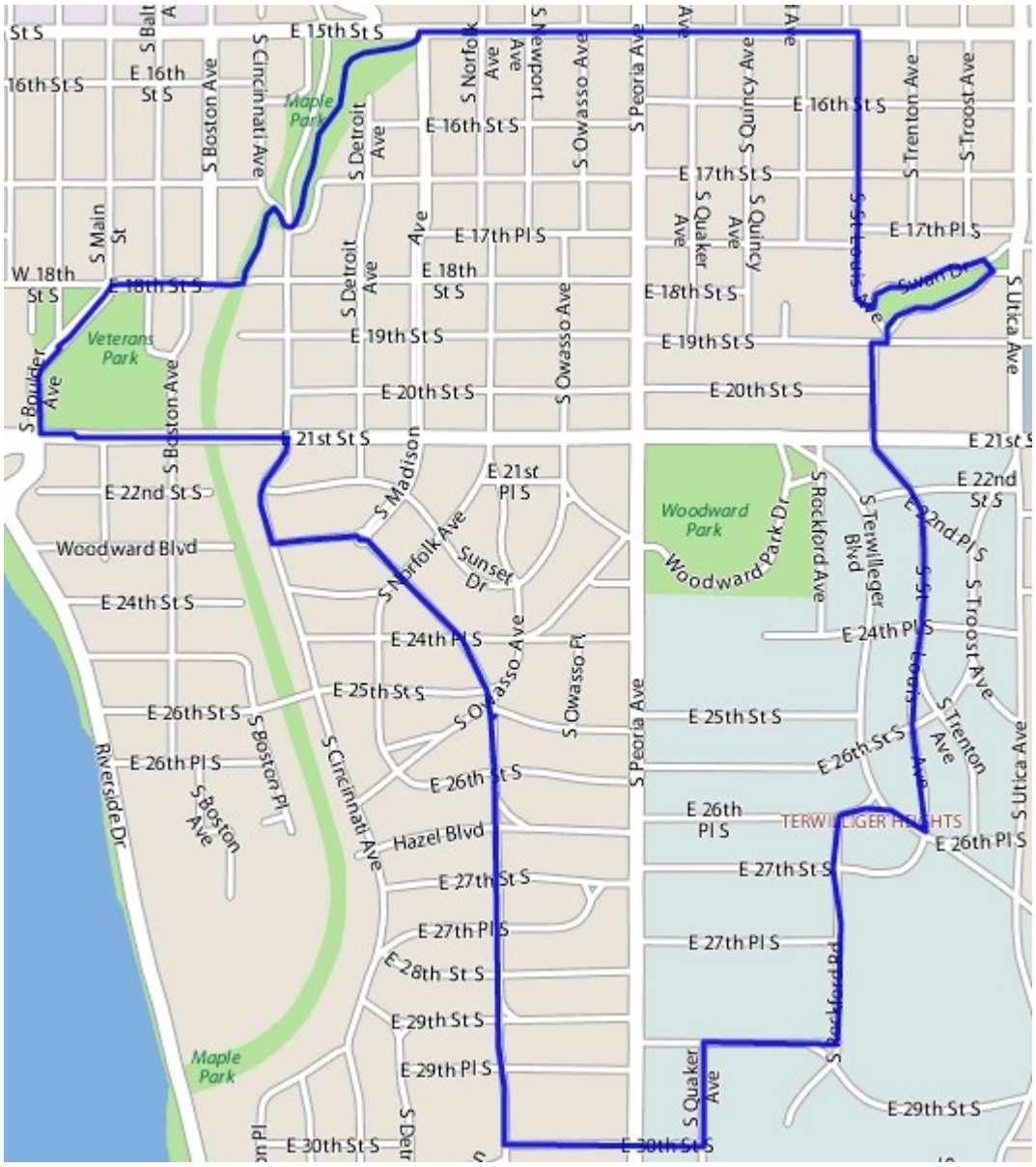
Beginner Half: 7 miles.

Advanced Half, Beginner Full: 9 miles. Suggested 2 mile route: North on Louisville, left on 12th St, left on Jamestown, left on 19th, right on Louisville.

Intermediate Full, Advanced Full: 10 miles. Suggested 3 mile route: North on Louisville, left on 6th St, left on Harvard. At 11th St, sort of veer to the left to go up Indianapolis. Right on Jamestown, left on 19th, right on Louisville.

January 28 – Start at Veterans Park

All groups start with the 5 mile loop below.



Directions: Go south on Boulder. Turn left on 21st and right on Cincinnati. Turn left on Woodward, left on 30th St, left on Quaker, and right on 29th St. Turn left on Rockford, right on 26th Pl, right on Terwilleger, and left on St Louis. Do a loop around Swan Lake and continue north on St Louis. Turn left on 15th, left on the Midland Valley Trail, right on 18th St and return to Veterans Park.

Beginner Half, Advanced Half, Beginner Full, Intermediate Full: 5 miles.

Advanced Full: 14 miles. It's your decision on how to do the other 9 miles. I suggest doing the 5 mile route in reverse and then adding 4 miles along the river.