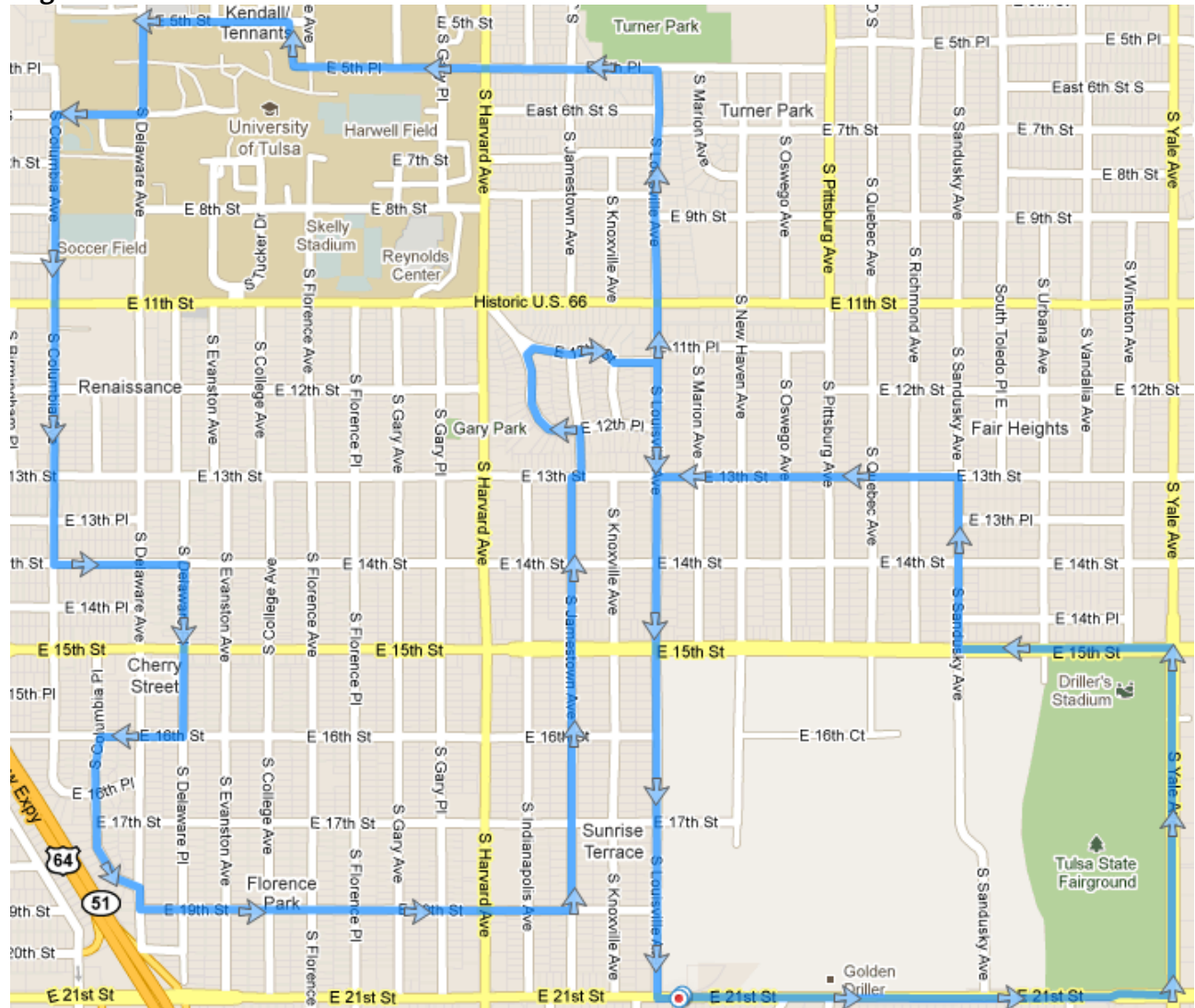


## February 5 – Start at Expo Square

All groups start with the following 8 mile route.

Start at 21<sup>st</sup> & Louisville. Head east on 21<sup>st</sup>. Turn left on Yale. Turn left on 15<sup>th</sup>. Turn right on Sandusky. Turn left on 13<sup>th</sup>. Turn right on Louisville. Turn left on 5<sup>th</sup> Pl. Turn right at Florence and left on 5<sup>th</sup> St. Turn left on Delaware. Turn right on 6<sup>th</sup>. Turn left on Columbia. Turn left on 14<sup>th</sup>. Turn right on Delaware Pl. Turn right on 16<sup>th</sup>. Turn left on Columbia Pl. Turn right on Delaware and left on 19<sup>th</sup>. Turn left on Jamestown. Turn left on Indianapolis. Turn right on 12<sup>th</sup>. Turn right on Louisville and run to 21<sup>st</sup>.

**Beginner Half: 8 miles.** You are finished after the 8 mile route.



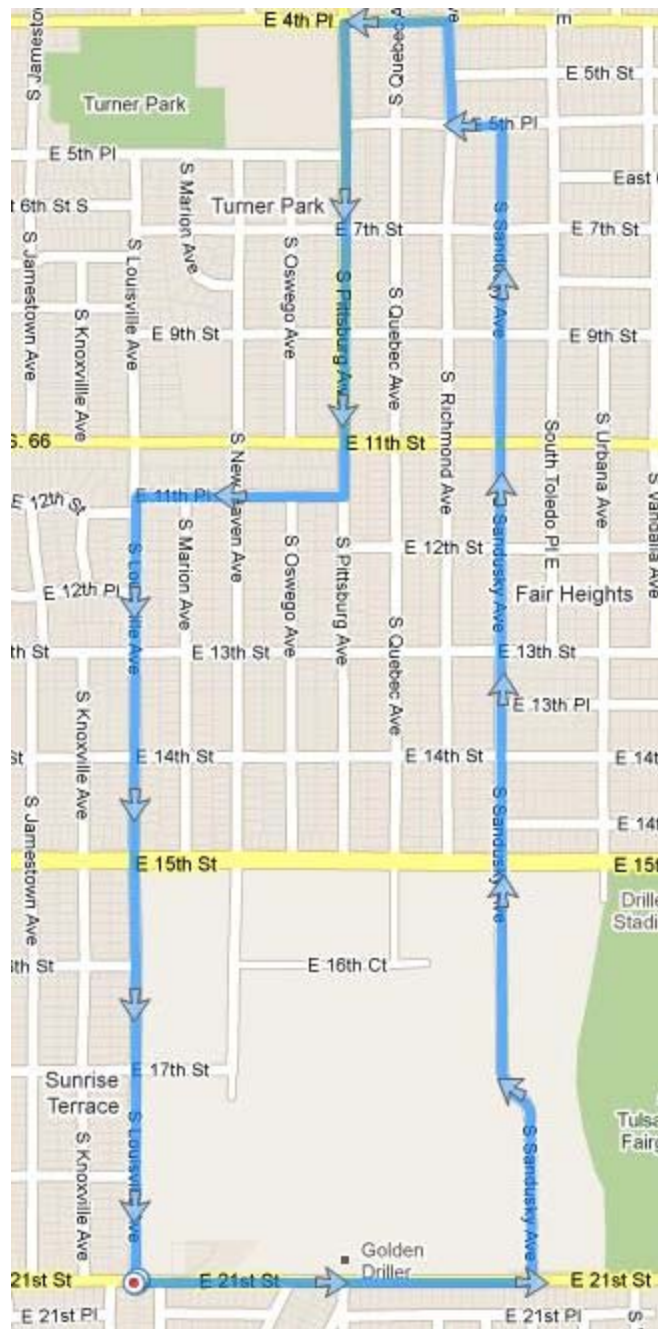
**Advanced Half: 10 miles.** Do the 8 mile route and add another couple of miles, as directed by your run leader. One suggestion is to head east on 21<sup>st</sup>, turn left on Sandusky, turn left on 15<sup>th</sup>, and another left on Louisville. Or you could run to 11<sup>th</sup> & Louisville and back.

**Beginner Full: 12 miles.** Do the 8 mile route. Then run the following 4 mile route.

Head east on 21<sup>st</sup>. Turn left on Sandusky. Turn left on 5<sup>th</sup> Pl. Turn right on Richmond. Turn left on 4<sup>th</sup> Pl. Turn left on Pittsburgh. Turn right on 11<sup>th</sup> Pl. Turn left on Louisville.



## February 5 (continued) – Start at Expo Square



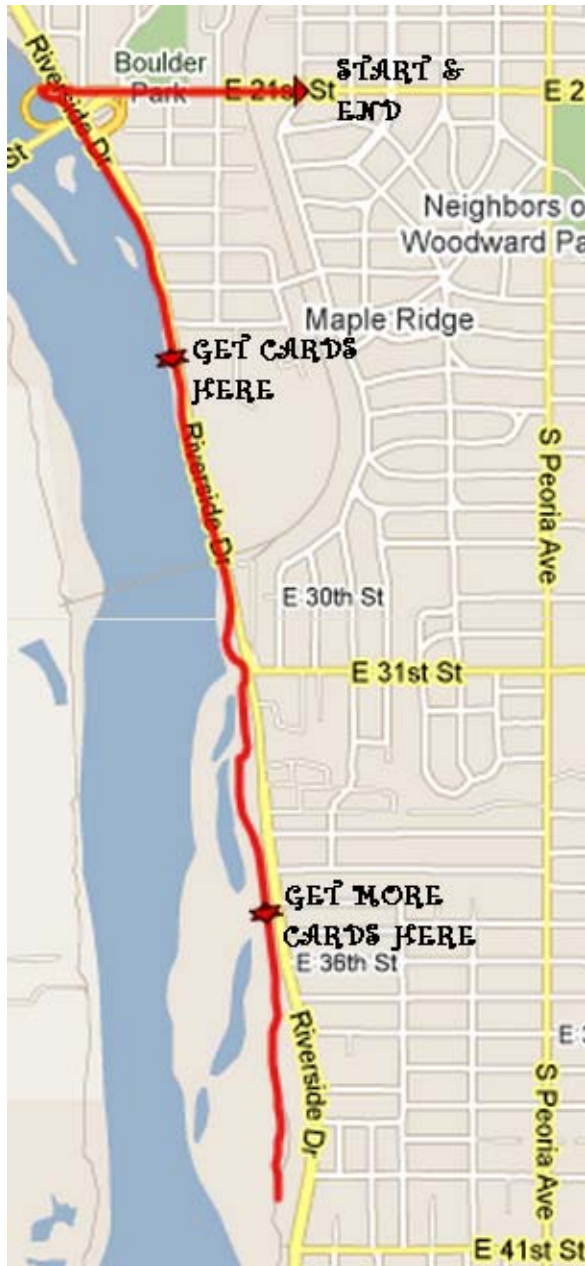
**Intermediate Full:** 14 miles. Do the 8 mile route, then the 4 mile route, then add a couple of miles.

**Advanced Full:** 16 miles. Do the 8 mile route and add 8 miles as directed by your run leader. I would suggest running the 8 mile route, then the 4 mile route, then whatever you want for the last 4.

## February 12 – Start Lee Elementary School

This is our Valentine's Day Poker Run. It is a five mile run, and cards are handed out at each mile of the run. At the finish, we will check to see what your hand is, and there will be a chance to win some excellent prizes. Feel free to participate in the training run, but if you want to play the card game and have a chance for the prizes, we ask for a minimum donation of \$5.

The route will begin at Lee Elementary School, which is just a little ways east of Veterans Park. The address is 1920 S Cincinnati. We are starting and ending there so that when the many wonderful prizes are handed out, we won't all be freezing. We will actually be handing out awards inside.



The route will be something like what is shown on the map to the left. We will start at the school, head west on 21<sup>st</sup> to the River Parks trail, go south to close to 41<sup>st</sup>, and then return the same way we came.





## February 19 (continued) – Start at Jenks Riverwalk

### Directions for initial 9 mile route:

Start by following Aquarium Drive. Turn left at Peoria/Elm. Turn left at 111<sup>th</sup> and turn around when you get to the end of the street. Turn left on Ash, right on 113<sup>th</sup> Ct, right on 81<sup>st</sup> St (Fox Run Cir), right on Date, left on 111<sup>th</sup> and right on Peoria. Turn left on 106<sup>th</sup>, run to the top of the hill (at Elgin) and turn around. Turn left on Peoria. Turn left on 101<sup>st</sup> and follow the road past the athletic fields to Main St. Turn right on Main and then a quick left on Juniper. Turn right on F, left on Gum, right on G, and right on Fir. Turn left on C, right on Peoria/Elm, and left on B. Turn right on 1<sup>st</sup>, left on Main, and follow Main back to the start.

Here are the scheduled distances and further instructions for the groups.

**Beginner Half:** 9 miles. You are finished after the 9 mile route.

**Advanced Half:** 11 miles. After the 9 mile route, finish with 2 miles along the east side of the river.

Suggested route is to cross the bridge, go south to the restrooms, and then head back north to 91<sup>st</sup> and then back to the start.

**Beginner Full:** 14 miles. After the 9 mile route, finish with 5 miles along the east side of the river.

Suggested route is to cross the bridge, go south to the restrooms, and then head back north to the water fountain north of the casino (just north of the creek, where the trail turns to the left), and then back to the start.

**Intermediate Full:** 16 miles. After the 9 mile route, finish with 7 miles along the east side of the river.

Suggested route is to cross the bridge, go south to the restrooms, and then head back north to 71<sup>st</sup>, and then back to the start.

**Advanced Full:** 18 miles. After the 9 mile route, finish with 9 miles along the east side of the river.

Suggested route is to cross the bridge, go south to the restrooms, and then head back north to 61<sup>st</sup>, and then back to the start.



