



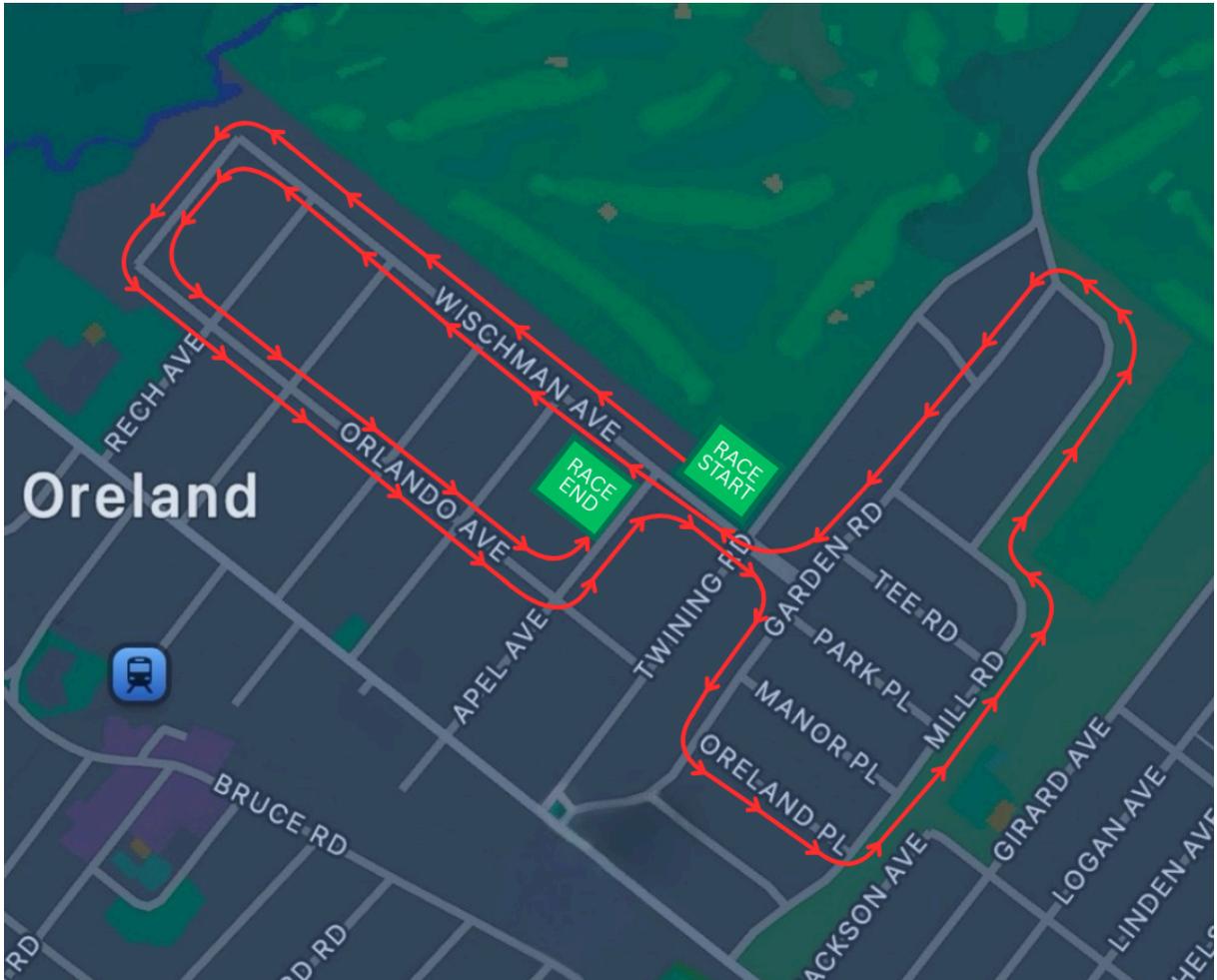
Race Starting Point: Wischman Ave at the end of Apel Ave

1st run Loop: West side of Twining Road

2nd run Loop: East side of Twining Road

3rd run Loop: again on West side of Twining Road

Race End: on Apel Ave



The course starts on Wischman Ave at the end of Apel Ave. Runners head down Wischman Ave toward Belmont Ave, round the corner onto Orlando Ave, and turn left onto Apel Ave. Make a right onto Wischman Ave and cross Twining Road. Turn right onto Garden Road, continue up three blocks, then turn left onto Oreland Place. Make a left onto Mill Road heading toward Valley Road, then round the corner back onto Garden Road. Turn right onto Wischman Ave and complete the final loop down Wischman Ave toward Belmont Ave. Round the corner again onto Orlando Ave, and to finish, turn left onto Apel Ave