

Turn	Next	Road	Total
L	0	Do a big loop	0.02
S	0.59	Take the trail next to Wesselman's	0.61
S	0.89	Cross over the bridge past the Garden	1.5
L	0.01	L to make a small loop near the State Hospital	1.51
L	0.79	Exit the State Hospital	2.3
L	0.17	L Bellemeade Avenue	2.47
R	0.58	R Blue Ridge Road	3.05
L	0.27	L South Meadow Road	3.32
R	0.08	R Washington Avenue	3.41
R	0.48	R Walnut Lane	3.89
R	0.55	R once in the park and make your first L to head back to Wesselman's	4.44
L	0.58	Cross over the bridge and head back	5.02
L	0.9	L back to the car	5.93
S	0.21	Start Loop 2 for 4 more miles	6.13
L	0.22	L North Boeke Road	6.35
R	0.54	R East Sycamore Street	6.89
R	0.26	R South Alvord Boulevard	7.15
uturn	0.1	Around at the bridge and head down Alvord Boulevard	7.24

Turn	Next	Road	Total
L	0.87	L East Powell Avenue	8.11
L	0.39	L South Saint James Boulevard	8.5
L	0.76	L East Sycamore Street	9.26
R	0.15	R South Boeke Road	9.42
R	0.54	R back into Wesselman's Park	9.96
S	0.3	Start Loop 3 for 4 more Miles	10.26
R	0.12	R and take the trail next to Wesselmans and the golf course	10.38
S	0.61	Head over the bridge	10.99
R	0.13	R after the bridge to head near Vann Avenue	11.12
L	0.1	L and take the trail near Vann Avenue	11.23
R	0.47	R Lincoln Avenue	11.7
R	0.87	R South Spring Street	12.56
R	0.25	R East Walnut Street	12.81
SL	0.12	Sharp L South Alvord Boulevard	12.93
R	0.13	R East Sycamore Street	13.06
L	0.35	L South Boeke Road	13.41
R	0.45	R back into Wesselman's	13.86