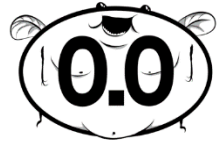




**Kingstowne Striders Beat the Blerch 2015  
Saturday, September 19, 2015 at 4:00 PM**



Start at Fair Winds Brewery. Take a left on Newington Road, head north/left on Telegraph Road (stay on sidewalk). Cross Telegraph at Hayfield Road to stay on sidewalk.



**5-mile point: Grounded Coffee. Eat a Cupcake.**



**8 mile Runners: Meet in front of Grounded at 5:00 PM. Depart by 5:30 PM.**

**Leave Grounded and head north on Van Dorn, stop at Panera. Eat a Cookie.**

**6 1/2 mile Runners: Meet in front of Panera at 5:30 PM. Depart by 6:00 PM.**

Leave Panera, run around Kingstowne Lake, exit at Lake Village Drive and head towards Franconia, take a Left on Franconia Rd and a Left on Beulah St. Stop at Dunkin Donuts. You know what to do.

**3 mile Runners: Meet at Dunkin at 6:30 PM. Depart by 7:00 PM.**

Leave Dunkin via Manchester to Hayfield Rd. Take running path through Powerlines. Take right Kingstowne Village Parkway, cross Beulah onto Morning View Lane. Keep going to running path, head south until path becomes Cinder Bed Rd (sharp left). Right on Newington to finish at Fair Winds Brewery around 7:30 PM.

