

Panera Sunday Alternate 10 Mile Course 1

Ten Mile Course

East On Kingstowne Blvd.

Cross Beulah and continue on path along 7900

Cross train tracks and take exit to Metro

Follow path along train tracks north

Left on Path ends at at town houses turn right on Debra Lu way.

Turn right on Simmer Circle

Right on Seatrend way

Right on Franconia Rd.

Right on Grovedale Dr.

Cross Beulah and turn right on path

Left on Burnett St.

Left on Joyce Rd.

Right on Clames Dr,

Left on Higham Dr.

Left on Franconia Rd.

Left on Beulah

Note for 7 miles turn Left on Manchester BLVD and return to Parking lot

Left on Kingstowne Commons Dr.

Left on Park Village Dr.

Left on Kingstowne Village Pkwy

Right on Hayfield Rd.

Left on Olde Telegraph Rd. Take path.

Cross Telegraph and take path to north

At light at Vandorn St. Cross Telegraph and take path along Town homes

At Path end go right on King Center Dr.

Left on Van Dorn

Left on Kingstowne Dr. to start

