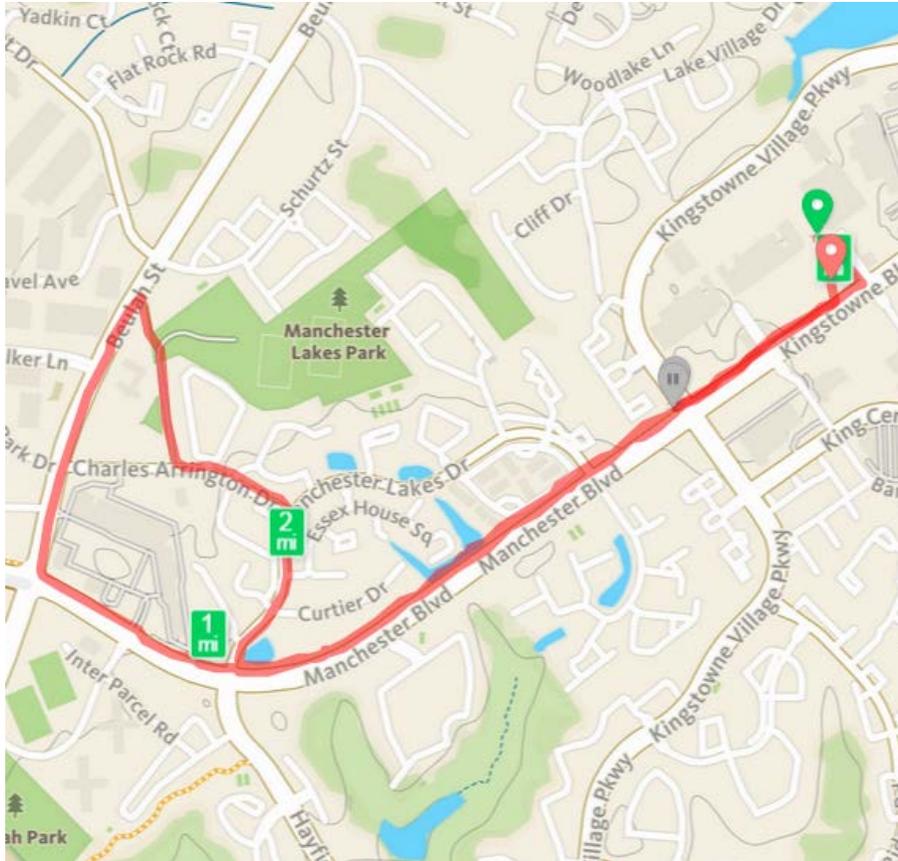


Kingstowne Striders Kingstowne Panera 6:30 PM Thursdays

3 Miles – Kingstowne Blvd/Beulah/Cemetery/Charles Arrington/Manchester Lakes/Kingstowne Blvd



5 Miles – Kingstowne Blvd/Beulah/Schurtz/Burnett/Joyce/Kathmoore/Em/Franconia/Villa/Lake/Parkway

