

**Ten Mile Course** (with approximately 5 and 8 miles options)

Head **southeast** on **Kingstowne Center** toward **Kingstowne Blvd** - 0.00mi

Turn right at **Kingstowne Blvd** - 0.27mi

Continue onto **Manchester Blvd** - 2.41mi

Turn right at **Frontier Dr** - 2.60mi

Turn right at **Franconia Rd** (*for about 5.25 miles turn right onto Van Dorn and Return to Panera*) - 4.80mi

Turn left at **Brookland Rd** - 4.88mi

Turn left at **Pratt St** - 5.08mi

Turn right at **Foldi St** - 5.21mi

Turn left at **Brookview Dr** - 5.27mi

Turn right at **Trin St** - 5.38mi

Turn left at **Old Rolling Rd** - 5.51mi

Turn right at **Brookland Rd** - 5.71mi

Turn right at **Westchester St** - 5.88mi

Turn left at **Ninian Ave** - 6.03mi

Turn left at **Jane Way** - 6.18mi

Turn right at **Larno Dr** - 6.25mi

Turn right at **La Vista Dr** - 6.42mi

Turn right at **Franconia Rd** - 6.69mi

Turn left at **Rose Hill Dr** - 7.01mi

Turn right at **Celtic Dr** - 7.20mi

Turn left onto Powerline trail - 7.71mi

Turn left at **Greendale Village Dr** - 8.10mi

Turn left at **S Van Dorn St to Telegraph Rd. Turn right and then right onto trail heading back north** (*for a little over 8 miles turn right and return to Panera*) - 8.73mi

Turn left onto **King Center Dr.** - 9.74mi

Turn right at **Barclay Dr** - 9.85mi

Turn right at **Kingstowne Blvd**

