

Ten Mile Route (with an approximately 7 mile option)

Kingstowne Blvd toward Manchester lakes.

Cross Beulah Rd

Continue on path along 7100

Right on Frontier Drive

Left on Spring Mall Rd

Right on Loisdale Rd

Right on Franconia Rd

(7 milers turn Right on Van Dorn and Return to Kingstowne center Parking lot in order to get the full 7 miles you will need to run to the entrace west of Panera, by the Cox service office, out to Kingstowne BLVD and over to Uno's)

Go past Edison HS (Cross to other side of Franconia when convenient and safe) and left on Jane Way

Left on Ninian Ave

Right on Westchester

Left on Brookland

Left on Old Rolling Rd

Right on Trin St

Left on Brookview Dr.

Right on Foldi St.

Right on Brookland Rd.

Left on Ambler St.

Right on Pratt St.

Right on Brookland Rd

Cross Franconia and go Right

Left on Van Dorn St.

Right on Lake Village Dr.

Right on Cliff Dr

Left on Edge Cliff Dr.

Take path at end of street

Left on Kingstowne Village Pkwy

Right to Theaters and parking lot

