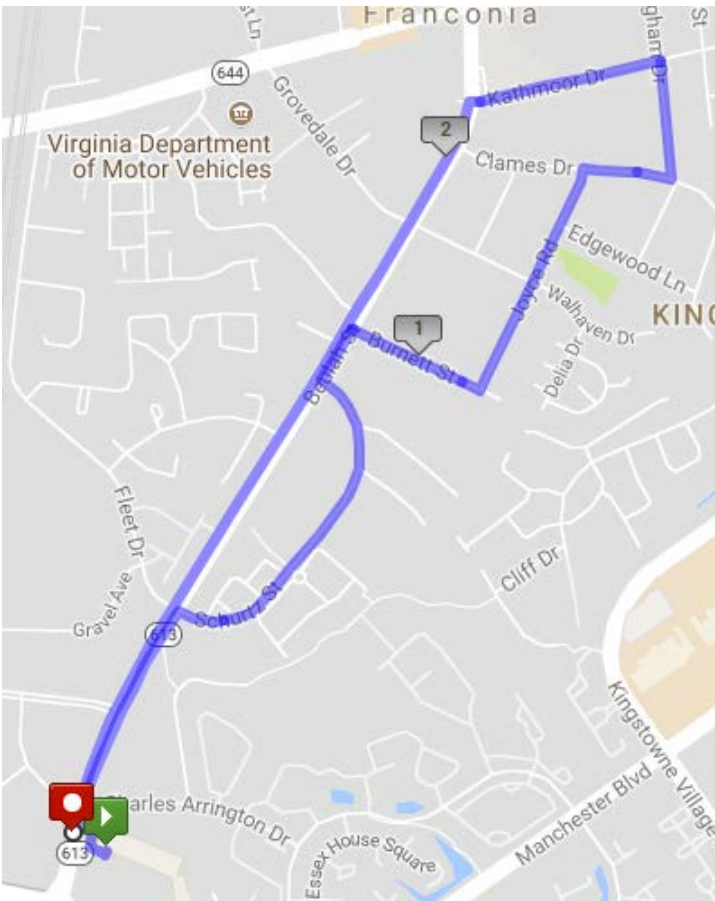


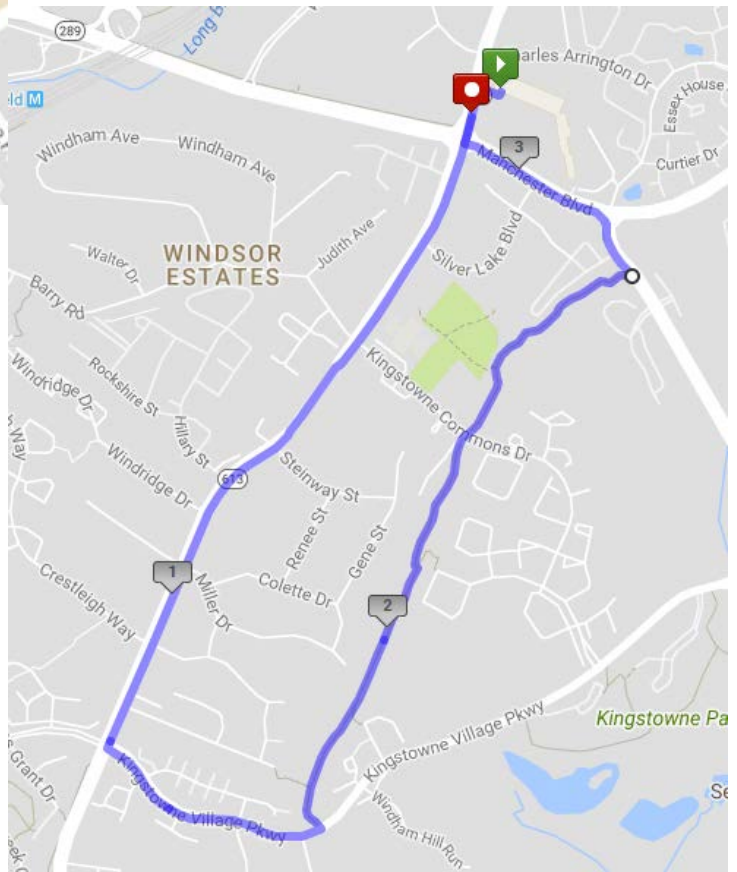
**Kingstowne Striders Manchester Lakes Route Options**  
**Meet at the Dunkin' Donuts (7001 Manchester Blvd, Alexandria, VA 22310)**

**3 Mile Route Options**



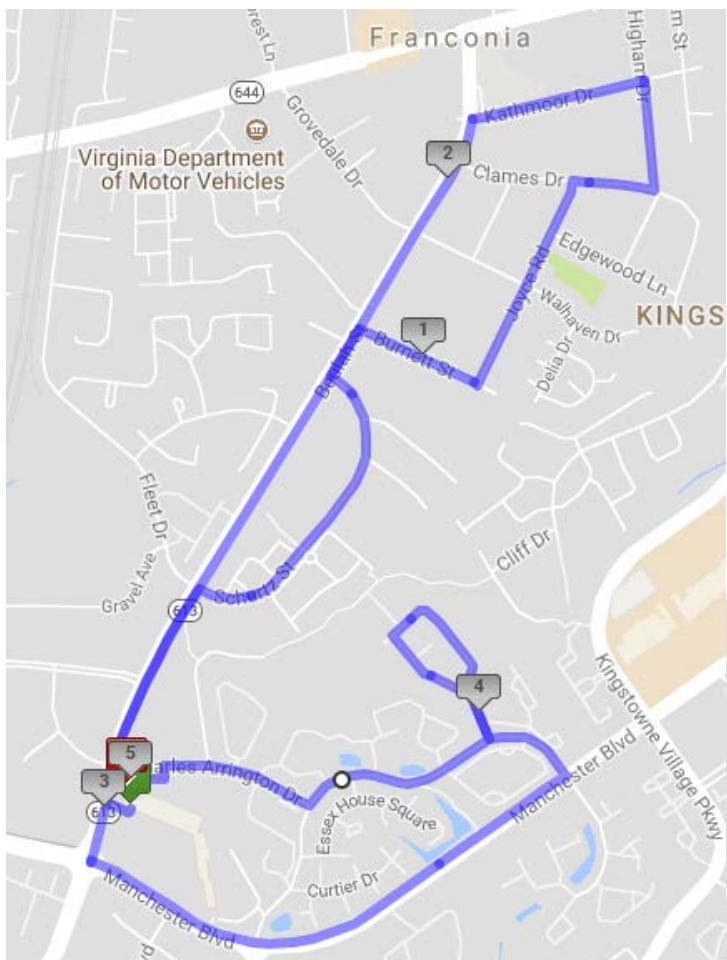
**Route A (left):** North on Beulah, right on Schurtz, right on Beulah, right on Burnett, left on Joyce, right on Clames, left on Higham, left on Kathmoor, left on Beulah and return to start.

**Route B (right):** South on Beulah, left on Kingstowne Village Pkwy, left on Power line trail, left on Hayfield/Manchester Blvd, return to start.

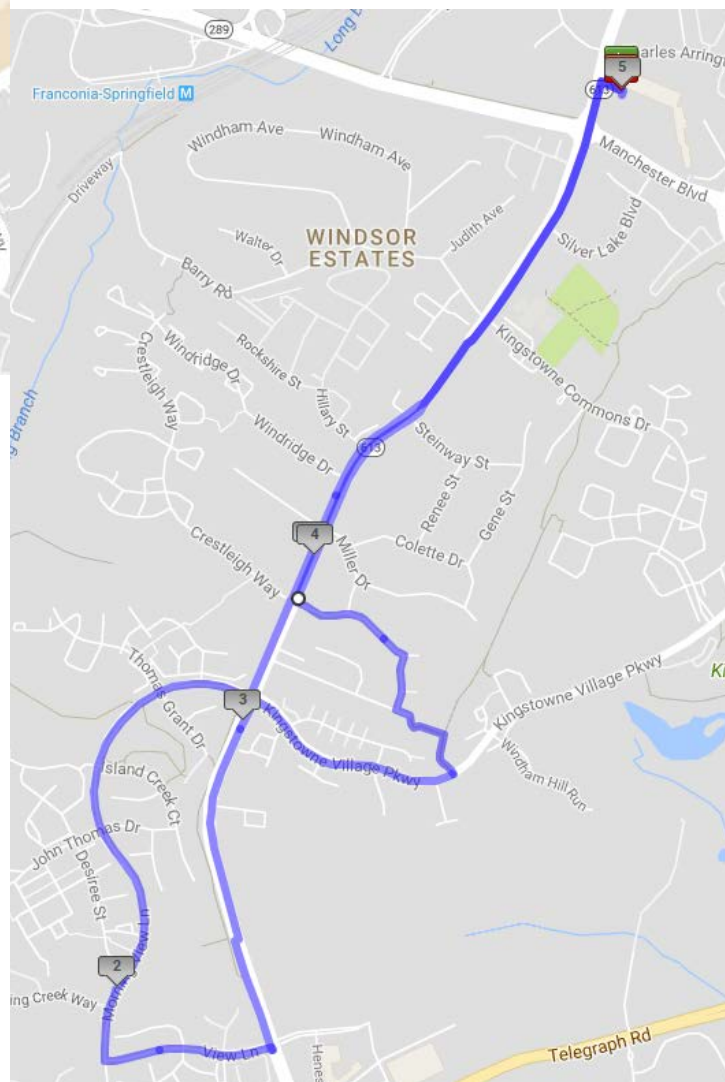


**Kingstowne Striders Manchester Lakes Route Options**  
**Meet at the Dunkin' Donuts (7001 Manchester Blvd, Alexandria, VA 22310)**

**5 Mile Route Options**



**Route A (left):** North on Beulah, right on Schurtz, right on Beulah, right on Burnett, left on Joyce, right on Clames, left on Higham, left on Kathmoor, left on Beulah (3 miles are done). Left on Manchester Blvd, left on Manchester Lakes, right on Manchester Park Cir (follow this as a loop), right on Manchester Lakes, right on Charles Arrington, left on Beulah, return to start.



**Route B (right):** South on Beulah, right on Morning View Ln, left on Morning View Ct., left on Old Carriage, right on Old Carriage Ln., First right (takes you to Morning Glen Ln), left on Morning Glen Ln., right on View Ln., left on Beulah, right on Kingstowne Village Pkwy, left on Power line trail, left on first path (ends on Gayfields), right on Bullfinch Ct., right on Beulah, return to start.

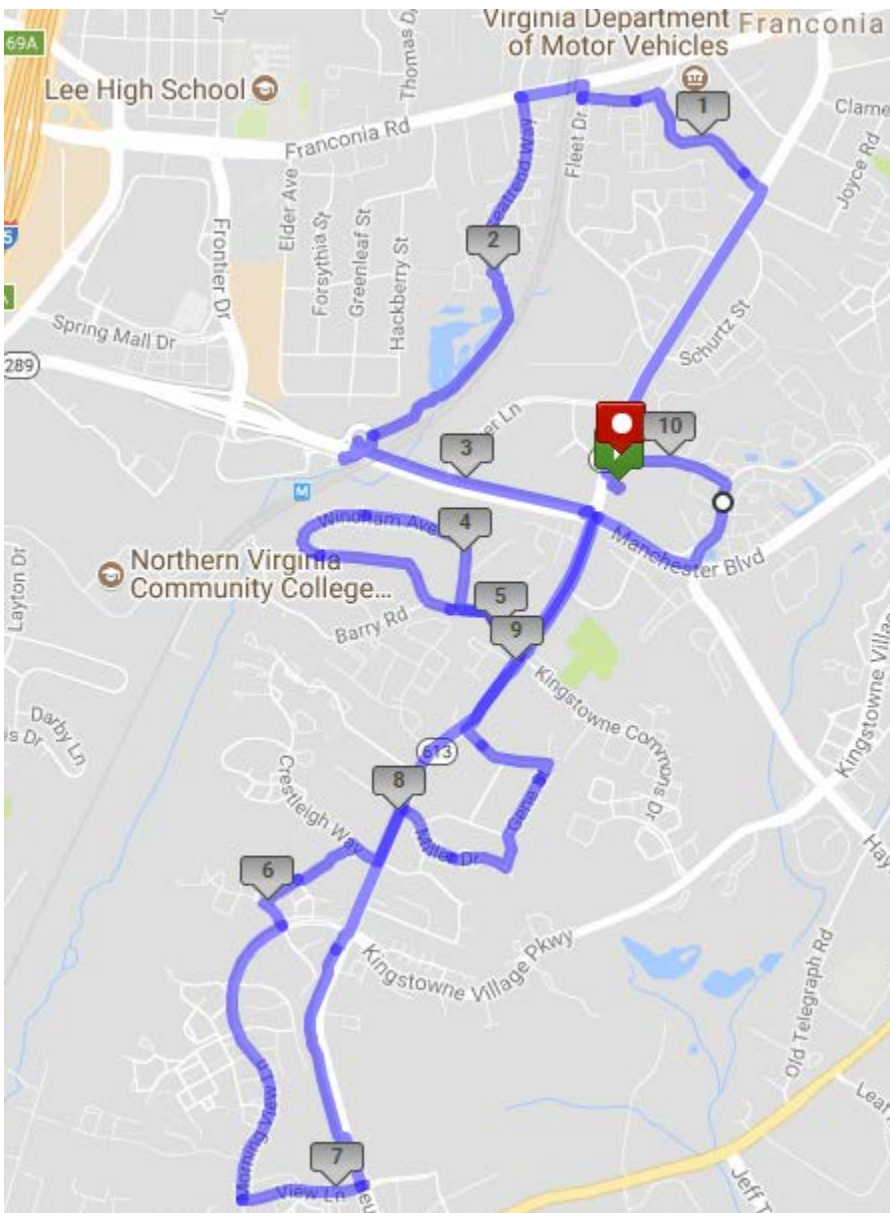
**Kingstowne Striders Manchester Lakes Route Options**  
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**10 Mile Route Option**

**Manchester Lakes 10 Mile Course with 5, 8 and 9 mile options**

North on Beulah, left on Gilder, left on Old Franconia, right on Fleet Dr, left on Franconia, left on Seatrend Way, left on Simmer Cir, left on Kathmoor, left on Debra Lu Way to Metro trail.  
Take metro trail to Parkway and follow path back toward Beulah.

Right on Beulah, right Windsor Ave., right on Windham Ave which will loop back to Windsor Ave., left On Windsor, right on Beulah **(left back to shopping center for a little over 5 miles).**



Right on Crestleigh Way for 100 yards or so and take trail on left. Take trail to Thomas Grant Dr and when you see the pool, take right onto Morning View Lane **(left here and back to Beulah for about 8 miles).**

Left on Morning Meadow Dr, right on View Lane, left on Beulah, right on Miller, **(Straight on Beulah for 9 mile option).**

Left on Genes, follow Gene St to Steinway) left on Steinway, right on Beulah, right on Manchester Blvd, left on Manchester Lakes, left on Charles Arrington, left on Beulah to shopping Center.