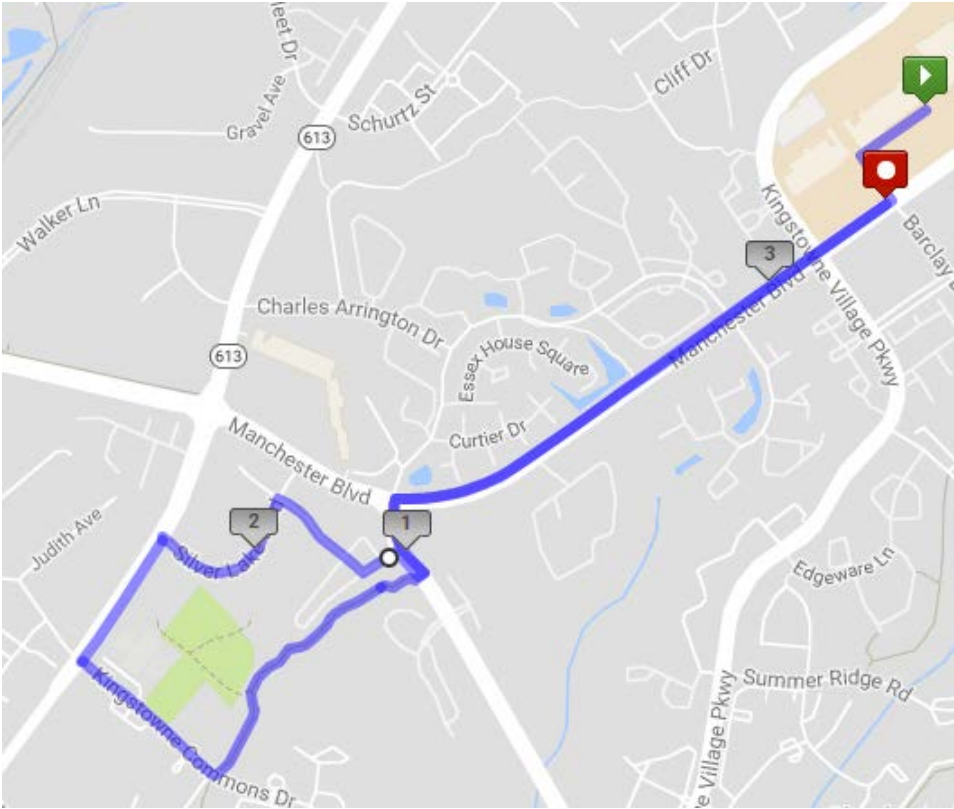


Kingstowne Striders Panera Route Options

Meet outside Panera by the benches if the weather is nice and inside if it's not

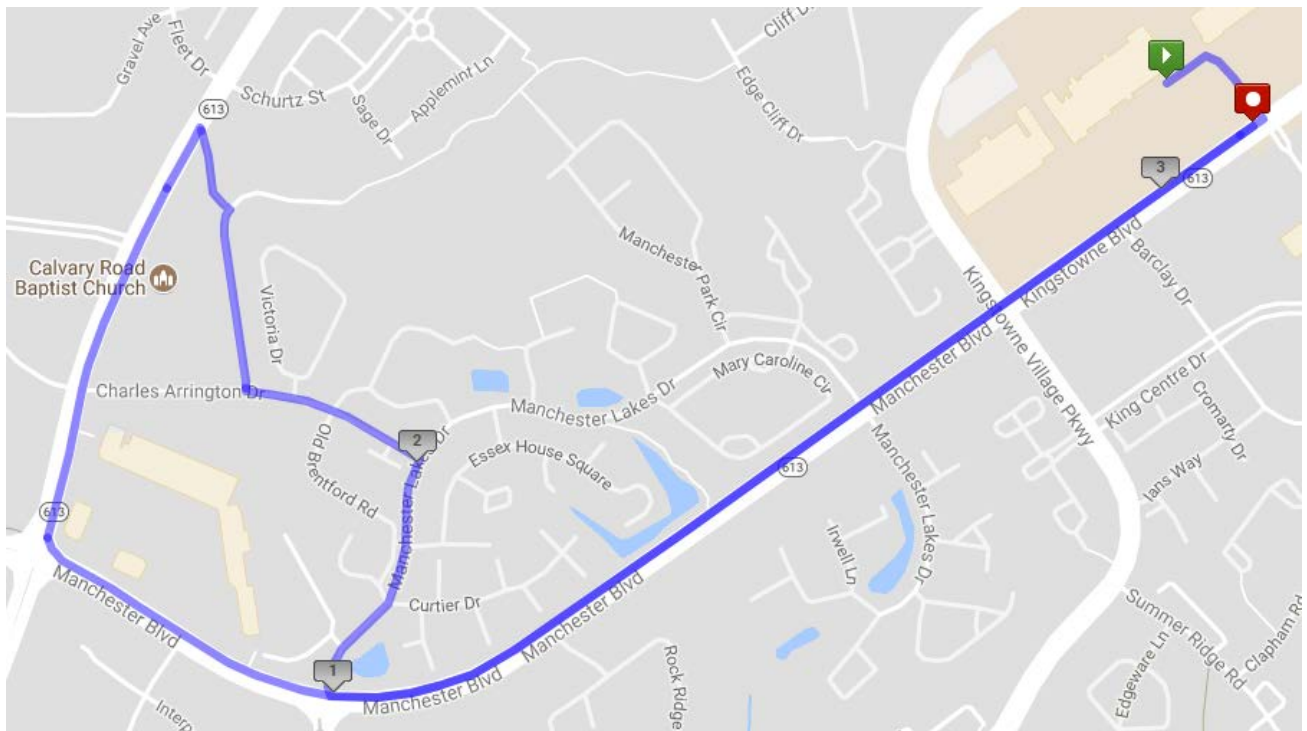
3 Mile Route Options

The Kingstowne Striders original/inaugural run from 2009!



Route A (left): West on Manchester Blvd, left on Hayfield Rd, right onto Power line path, right on Kingstowne Commons Dr, right on Beulah, right on Silver Lake Blvd, right on Inter Parcel Rd, left on Less Dorsen Ln, left on Hayfield Rd, right on Manchester Blvd Pkwy.

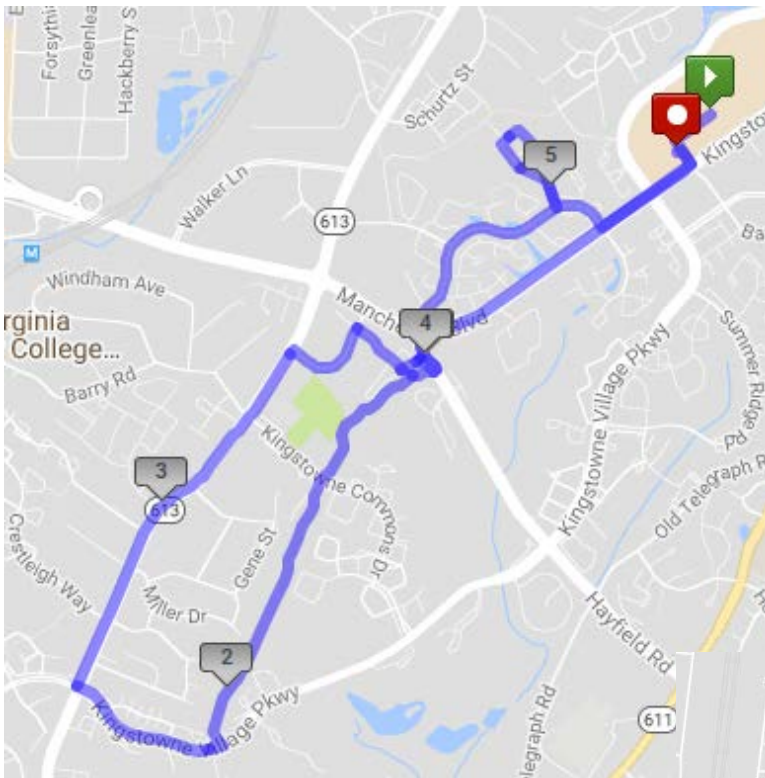
Route B (below): West on Manchester Blvd, left on Beulah, right at cemetery path, left on Charles Arrington, right on Manchester Lakes Dr, left on Manchester Blvd.



Kingstowne Striders Panera Route Options

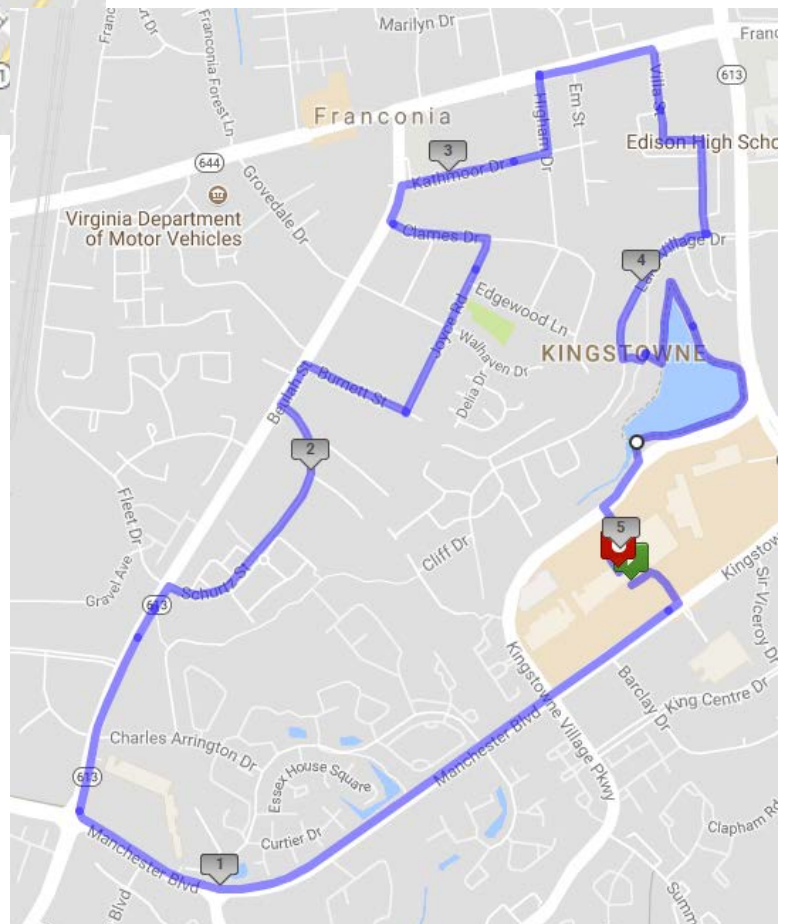
Meet outside Panera by the benches if the weather is nice and inside if it's not

5 Mile Route Options



Route A (left): West on Kingstowne Blvd, left on Hayfield Rd, right onto Power line path, right on Kingstowne Village Pkwy, right on Beulah, right on Silver Lake Blvd, right on Inter Parcel Rd, left on Less Dorsen Ln, left on Hayfield Rd. (cross Manchester Blvd and continue on Manchester Lakes Dr.) Left on Manchester Park Circle (follow this as a loop and return), left on Manchester Lakes Dr, left on Manchester Blvd.

Route B (right): West on Kingstowne Blvd, right on Beulah, left on Schurtz, brief right on Beulah with a right on Burnett, left on Joyce, left on Clames, brief right on Beulah with a right on Kathmoore. Left on Higham, left on Franconia, through townhomes, around Kingstowne Lake, return to Panera.

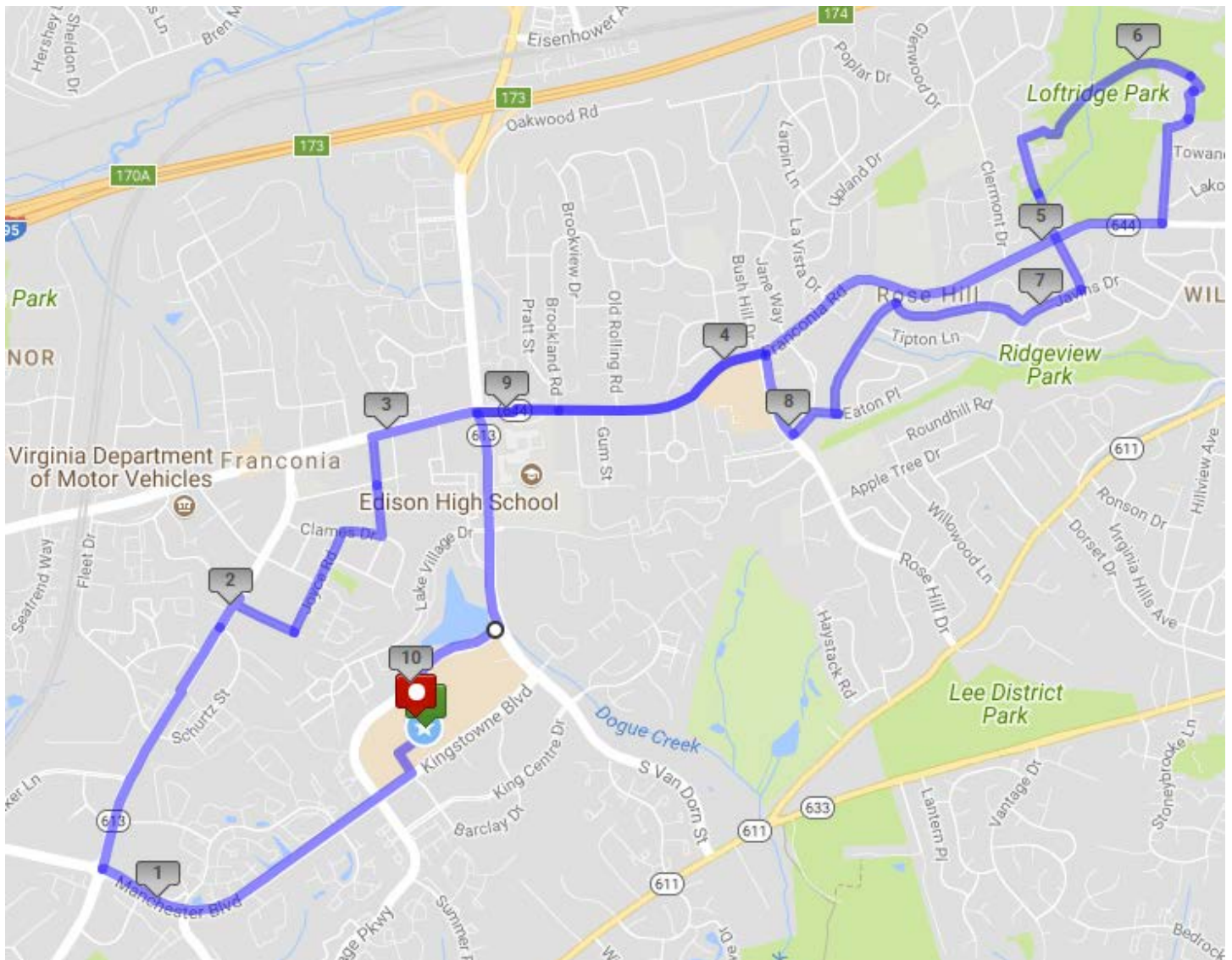


Kingstowne Striders Panera Route Options

Meet outside Panera by the benches if the weather is nice and inside if it's not

10 Mile Route Option A

Right at Kingstowne Blvd, right at Beulah St, right at Burnett St, left at Joyce Rd, right at Clames Dr, left at Higham Dr, right at Franconia Rd (cross over to north side of road when safe), left at Cannon Ln (**8 mile route – turn around and head back to Van Dorn St**), right at Lofthill Ct, follow Sidewalk to the right of town homes and take path (path continues around to the back of the town homes and through woods). Left on Ridge View Lane, cross over Franconia, right at Javins Dr, right at Picot Rd, left at Craft Rd, right at Eaton Pl (this will be the second time you see the sign for Eaton), left at Leewood Dr, right at Rose Hill Dr, left at Franconia Rd, left at S Van Dorn St, right at Kingstowne Village Pkwy, right at Kingstowne Center.



Kingstowne Striders Panera Route Options

Meet outside Panera by the benches if the weather is nice and inside if it's not

10 Mile Route Option B

Right at Kingstowne Blvd toward Manchester Lakes. Cross Beulah, continue on path along Franconia-Springfield Parkway, right on Frontier Drive, left on Spring Mall, right on Loisdale, right on Franconia.

(7 milers turn right on Van Dorn and Return to Kingstowne Center)

Run past Edison HS (cross to other side of Franconia when convenient and safe) and take left on Jane Way, left on Ninian Ave, right on Westchester, left on Brookland, left on Old Rolling. right on Trin St, left on Brookview, right on Foldi, right on Brookland, left on Ambler, right on Pratt, right on Brookland, cross Franconia and go right, left on Van Dorn, right on Lake Village, right on Cliff Dr, left on Edge Cliff, take path at end of street, left on Kingstowne Village Pkwy, right to theaters and parking lot.

