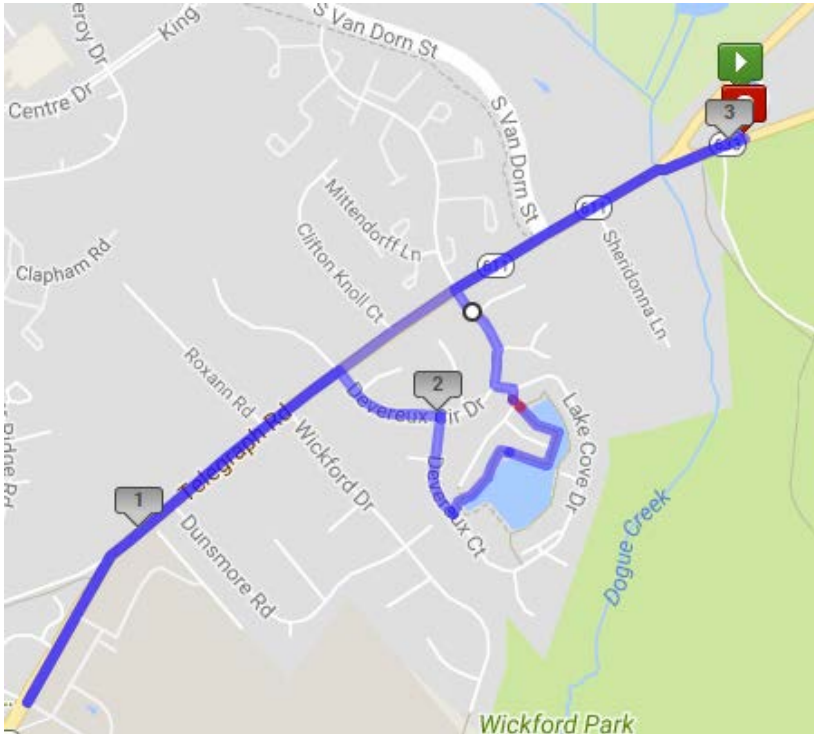


Kingstowne Striders Grounded Coffee Route Options

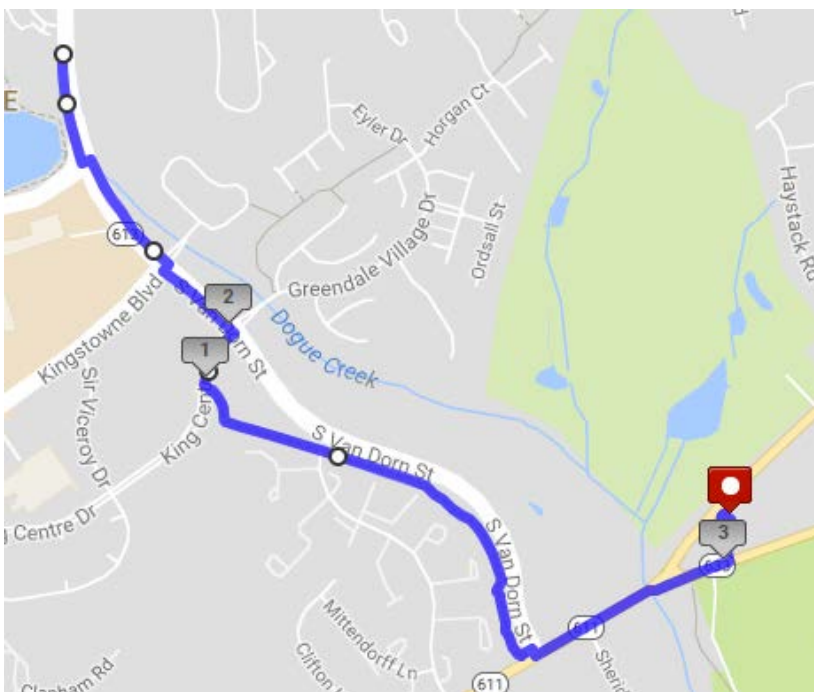
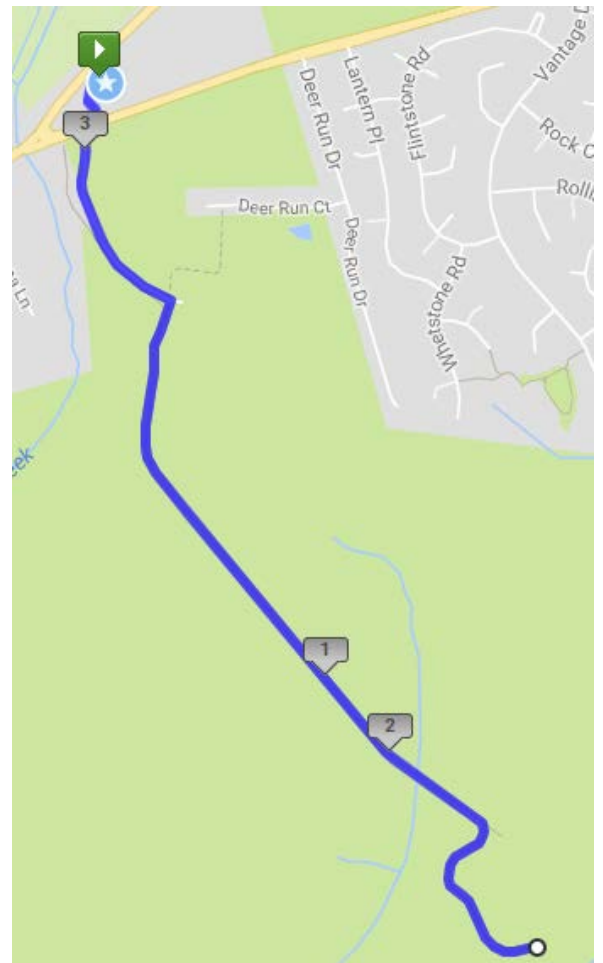
Meet at 6940 S Kings Hwy (parking lot on the backside of Grounded Coffee)

3 Mile Route Options

Route A (below left): South on Telegraph, U-Turn at USCG Station, round Devereux Lake path for mileage.



Route B (below right): Take path into Huntley Meadows Park, stay on paved path and turn around at observation deck, return to start.



Route C (left): South on Telegraph, take right on Van Dorn path. Right on King Center, Left on Van Dorn. U-Turn at Townhome path (before Lake Village) and return to start.

Kingstowne Striders Grounded Coffee Route Options
Meet at 6940 S Kings Hwy (parking lot on the backside of Grounded Coffee)

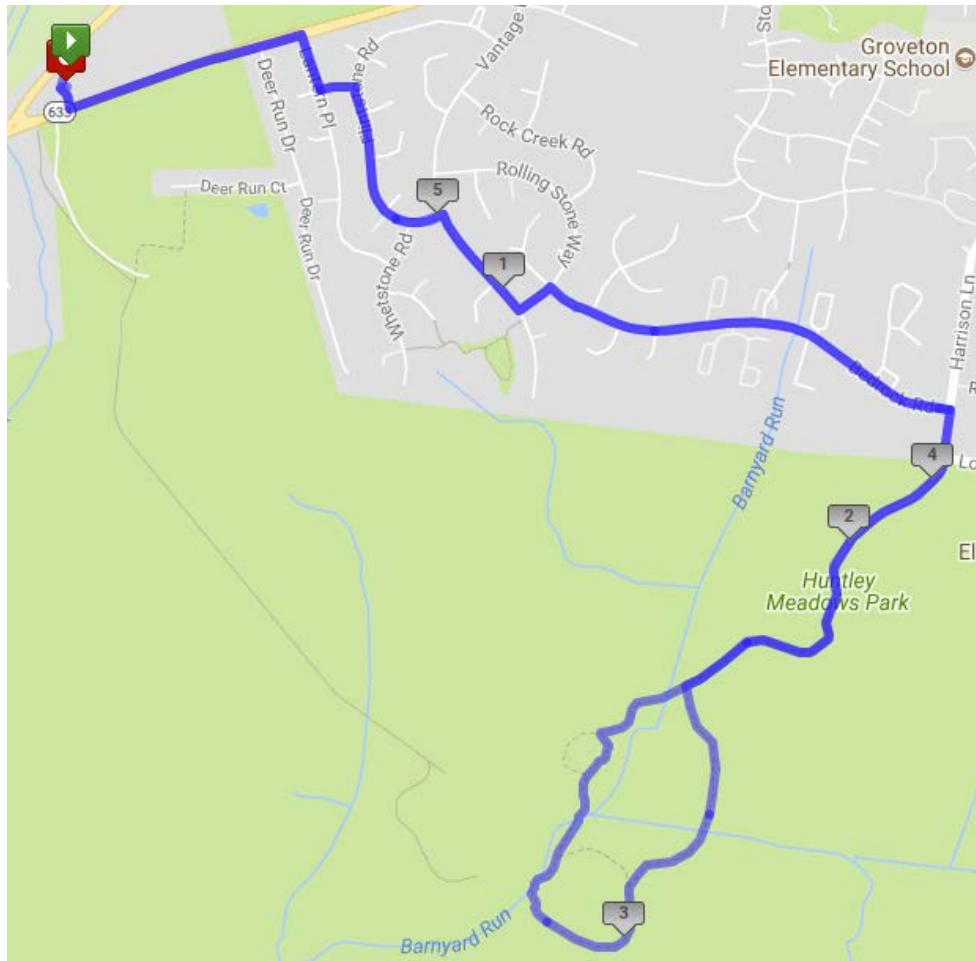
5 Mile Route Options

Route A: Through Flintstone Neighborhood into Huntley Meadows: ***route 5.8 miles.***

South Kings Highway (up the hill), right on Lantern Pl, left on Hardrock Rd, right on Flintstone Rd, right on Vantage Dr, left on Rolling Stone Way, right on Bedrock Rd (you will run through the car road block).

Right on Harrison Ln and into the Huntley Meadows park entrance. At the Visitors Center take the Heron Trail to the Boardwalk. Pass the tower (keeping Tower on your Left). Take Deer Trail (slight right), once back at the visitors Center, take road out of Park.

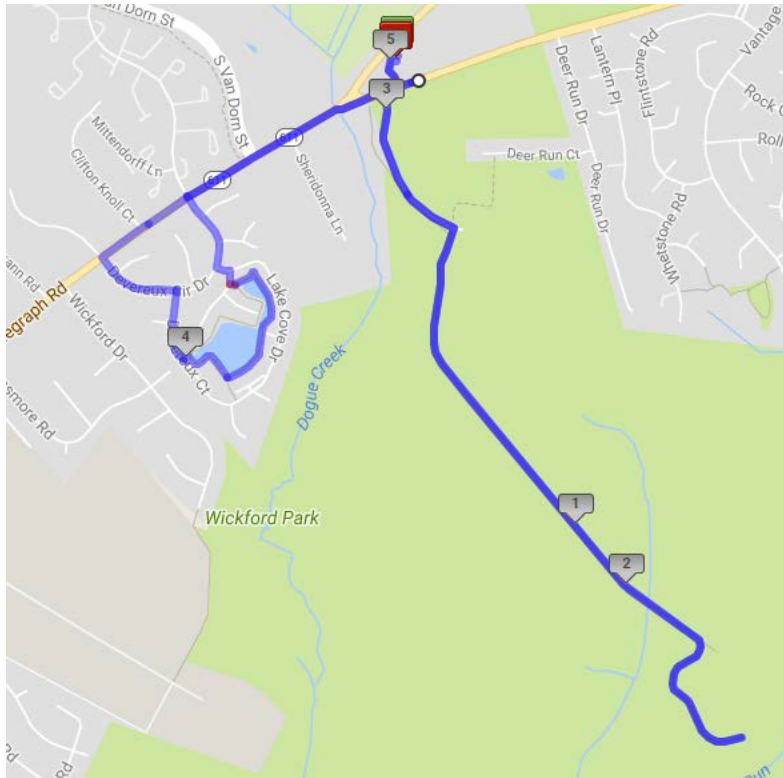
Left on Harrison Ln, left on Bedrock Rd, left on Rolling Stone Way, right on Vantage Dr, left on Flintstone Rd, right on Hardrock Rd, left on Lantern Pl, left on South Kings Highway.



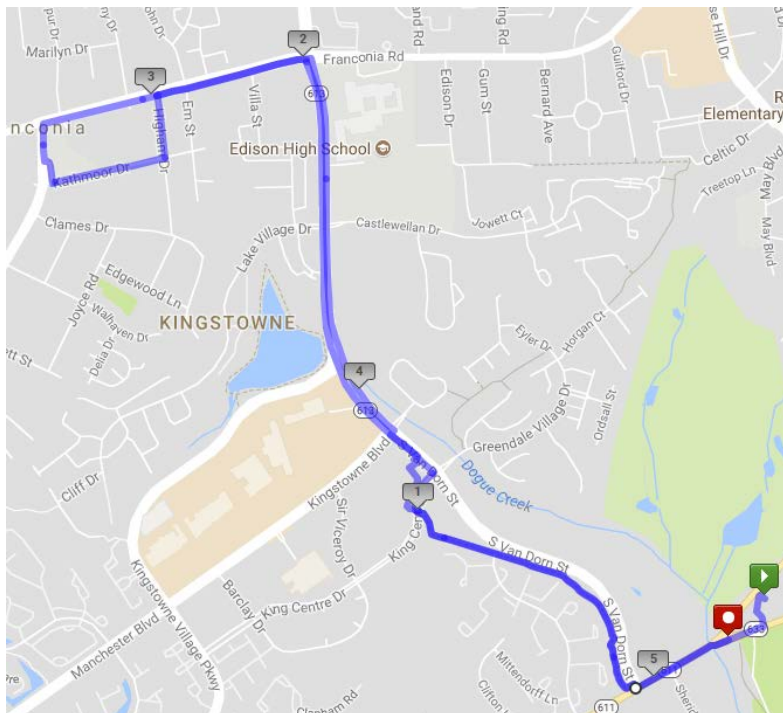
Kingstowne Striders Grounded Coffee Route Options

Meet at 6940 S Kings Hwy (parking lot on the backside of Grounded Coffee)

Route B: Take path into Huntley Meadows Park, stay on paved path and turn around at observation deck. Left on Telegraph and round Devereux Lake neighborhood path for mileage. Final sprint up King's Hwy to hit 5.0.



Route C: South on Telegraph, take right on Van Dorn path. Right on King Center, left on Van Dorn. Left on Franconia, Left on Higham, Right on Kathmoor, Right on Beulah, Right on Franconia Rd, return to start.



Kingstowne Striders Grounded Coffee Route Options
Meet at 6940 S Kings Hwy (parking lot on the backside of Grounded Coffee)
10 Mile Route Option

South on Telegraph, right on Hayfield, left on Kingstowne Village Pkwy, left on Beulah, right on Telegraph Rd, right on Winstead Manor, at end of road follow path to right. Left on Morning View Ln, right on View Ln, left on Beulah, right on Kingstowne Village Pkwy, right on Hayfield, left on Telegraph, right on Devereux Circle Drive, right on Telegraph Rd.

