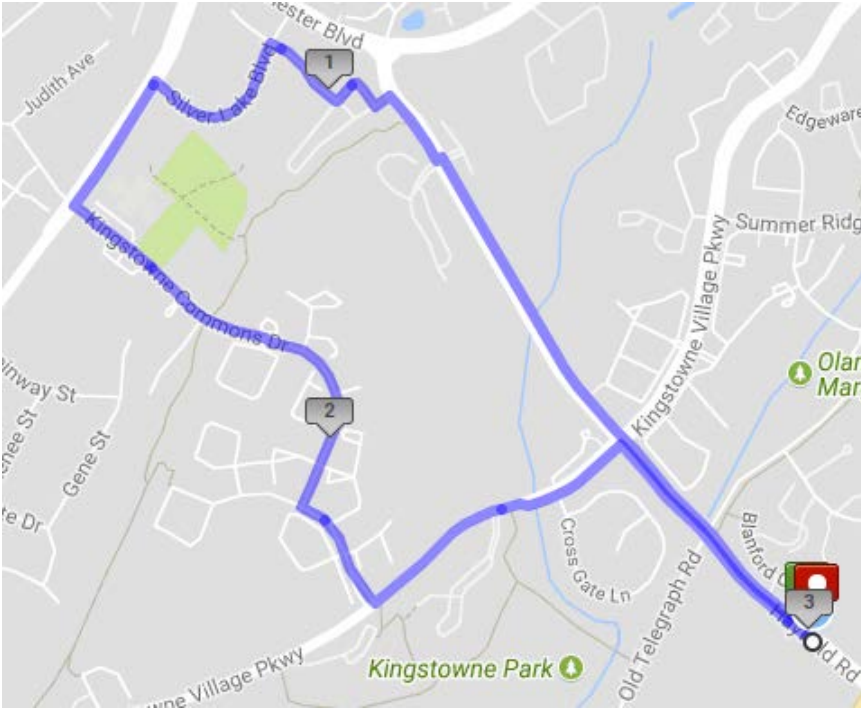
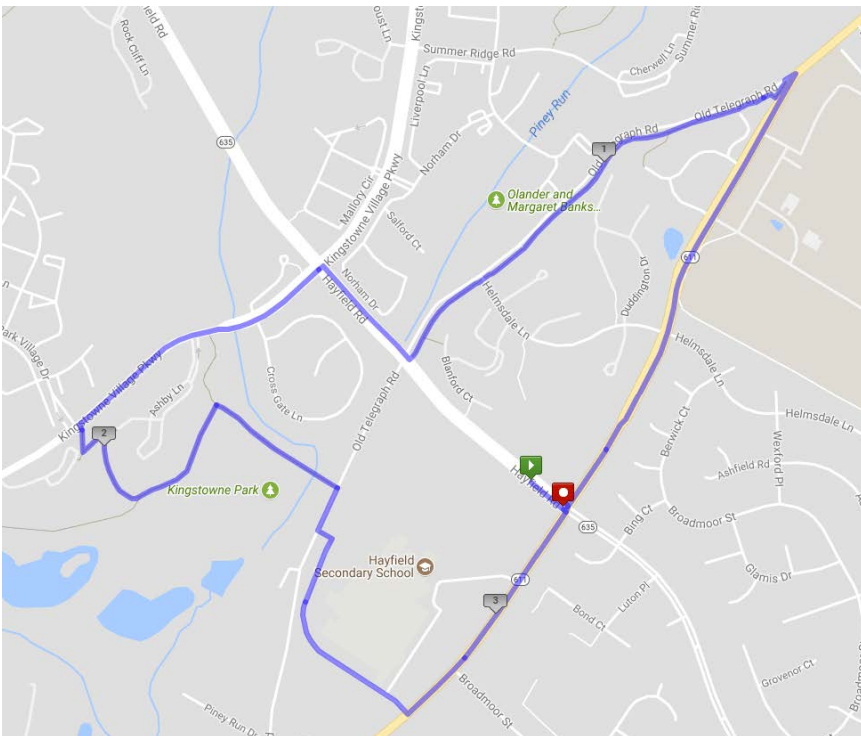
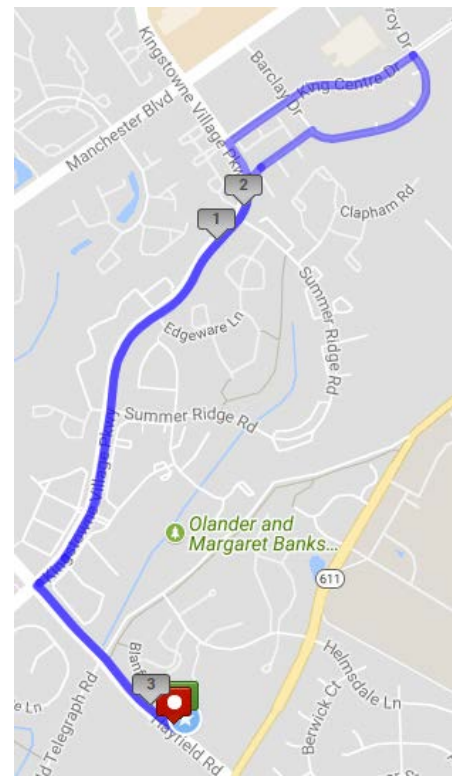


Kingstowne Striders Hayfield Route Options
Meet at the Hayfield McDonald's (7580 Telegraph Rd)
3 Mile Route Options

Route A (below): North on Hayfield, past power line trail turn left onto Les Dorson, right onto Inter Parcel, left onto Silver Lake Blvd, left onto Beulah, left onto Kingstowne Commons, left onto Park Village, left onto Kingstowne Village Pkwy, right onto Hayfield, return to Shopping Center



Route B (below): North on Hayfield, right on Kingstowne Village Parkway, right onto Kings Center, right on Barclay (**2nd right on Barclay not first**), left onto Ians Way, left onto Kingstowne Village Parkway, left onto Hayfield.



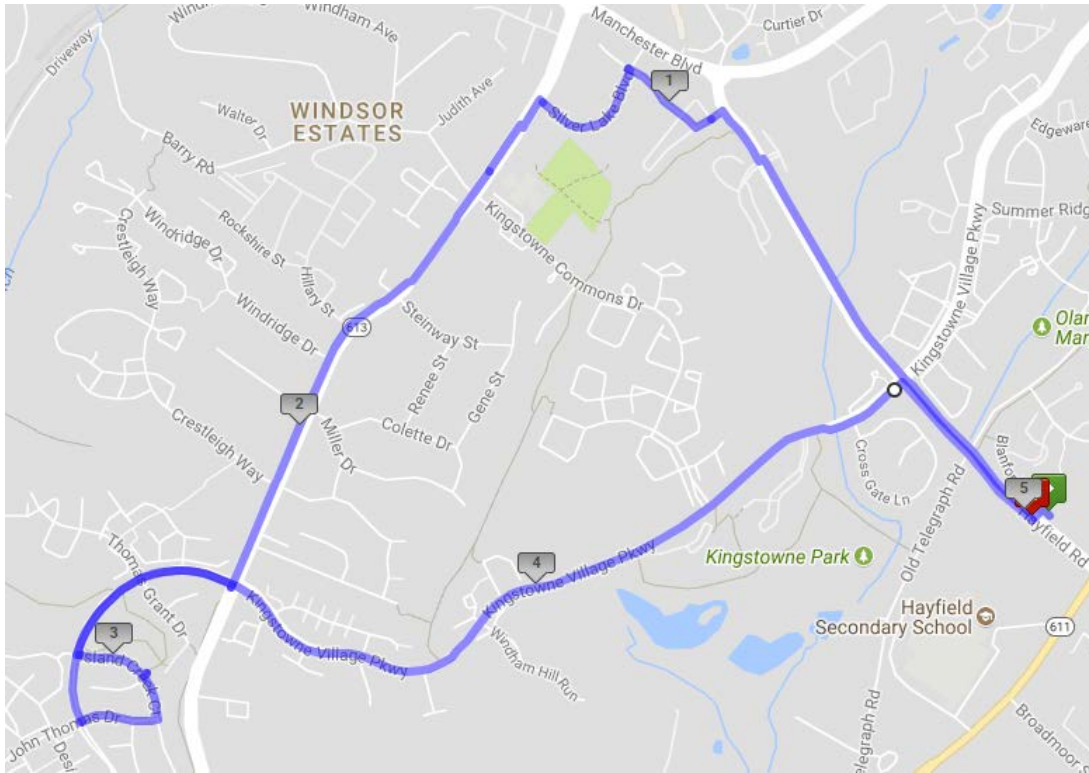
Route C (left): Cross and run north along Telegraph, take path left on Old Telegraph, right on Hayfield, left on KVP, left into wooded path across from Park Village, right at T intersection on path. Cross Telegraph, run into HS parking lot and follow parking lot around school (keeping school on your left) return to start.

Kingstowne Striders Hayfield Route Options

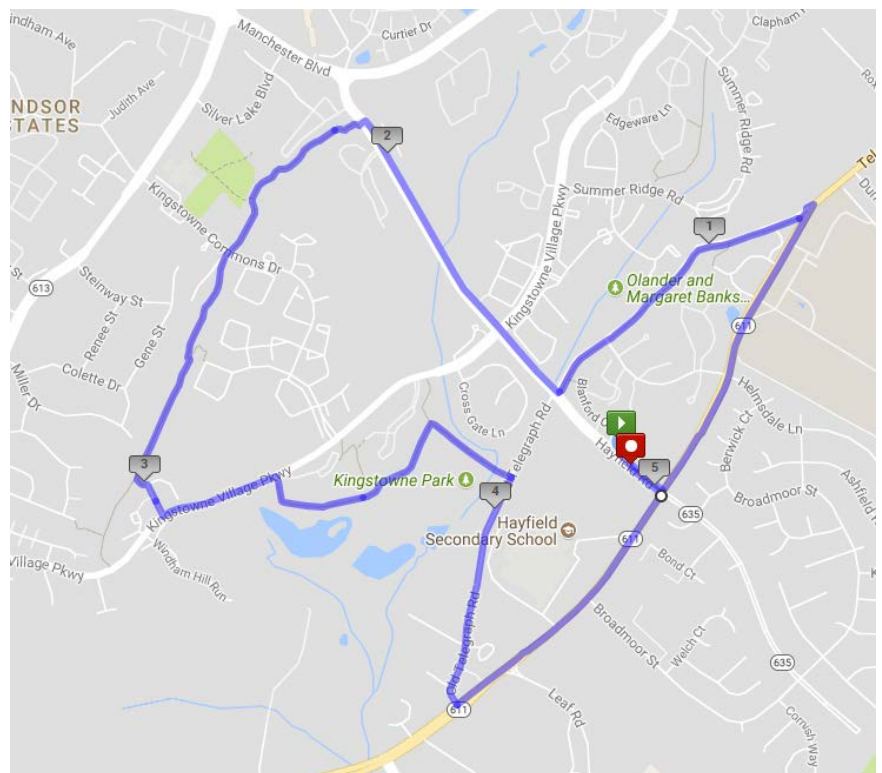
Meet at the Hayfield McDonald's (7580 Telegraph Rd)

5 Mile Route Options

Route A: North on Hayfield, past power line trail turn left onto Les Dorson, right onto Inter Parcel, left onto Silver Lake Blvd, left onto Beulah St. right onto Morning View Lane, left onto John Thomas Dr., left onto Island Creek Ct., right onto Morning View Lane. Cross Beulah and continue onto KVP, right onto Hayfield, return.



Route B (right): Cross and run north along Telegraph, take path left on Old Telegraph, right on Hayfield, (cross first), left on Power line trail, cut at Taliaferro Rd, left on Kingstowne Village Pkwy, path curves down to left and then up hill, when path comes close to street cross street and take path in woods, right at T intersection on path, right on Old Telegraph, follow path left onto Telegraph, and return to start.



Kingstowne Striders Hayfield Route Options Meet at the Hayfield McDonald's (7580 Telegraph Rd)

10 Mile Route Option

Head South on Hayfield and cross Telegraph, left on Broadmore, right on Kingsbury, left on Helmsdale, right on Telegraph. Left on Van Dorn (take path behind fence), left on Franconia, left on Sea Trend Way, left on Simmer Circle, left on Debra Lu Way.

Take Path along Metro Tracks, at end of path take access road up to Franconia Springfield Pkwy, right on Beulah, left on Kingstowne Commons Drive (for 8 mile option continue on and take left onto Park Village then left on KVP to Hayfield Rd), right onto Powerline trail, left on Kingstowne Village Pkwy, right on Hayfield. If Garmins is short do Cross Gate Lane Circle.

