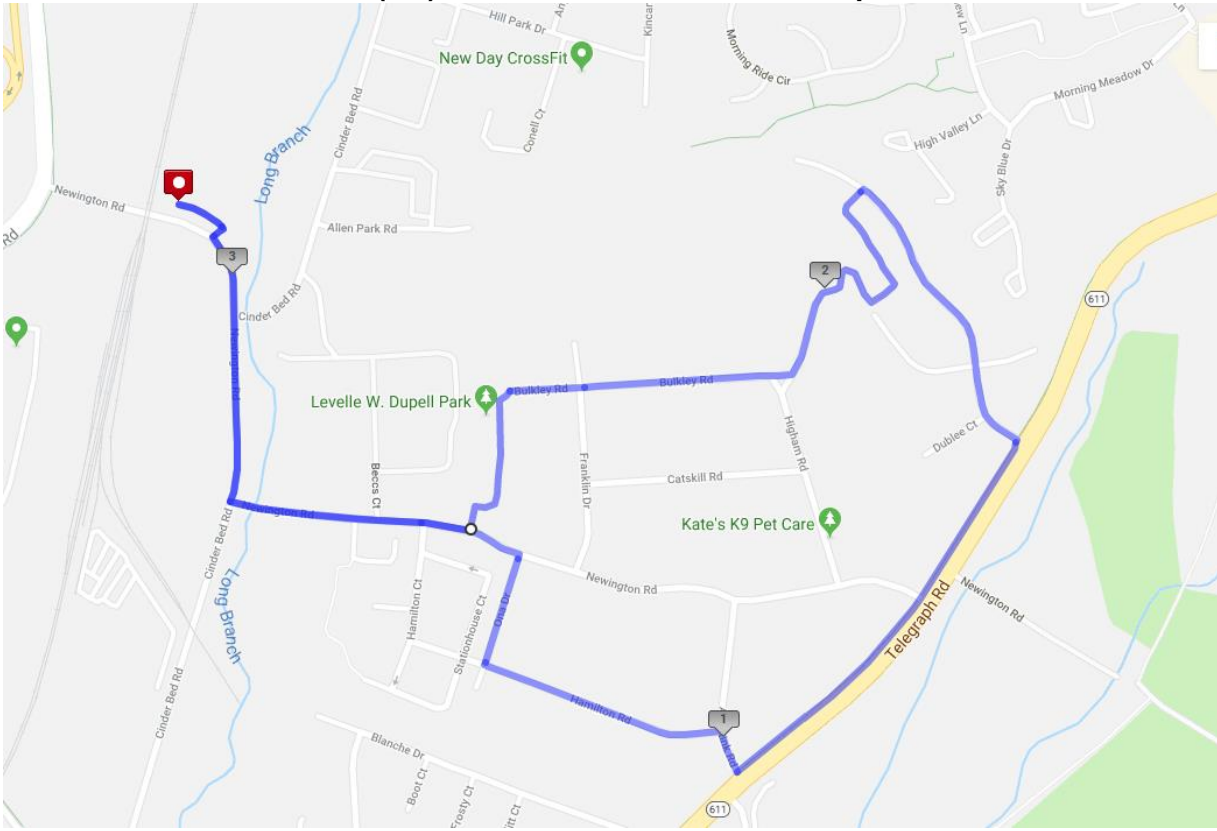


**Kingstowne Striders Torch Tuesday – Fair Winds Brewing Company
7000 Newington Road k & I, Lorton, VA 22079**

3 (ish) Mile Route – Beulah/KVP Loop



Head southwest from Fair Winds down Newington Rd

Take a left on Newington Rd

Take a right on Ona Dr (sidewalk ends on Newington)

Take a left on Hamilton towards Accotink Rd

Turn right onto Accotink Rd

Take a left onto Telegraph

Turn left onto Winstead Manor Ln

Take a left onto a paved trail before you enter the cul-de-sac

Follow path up the hill towards Higham Rd

Take a right down Bulkey Rd.

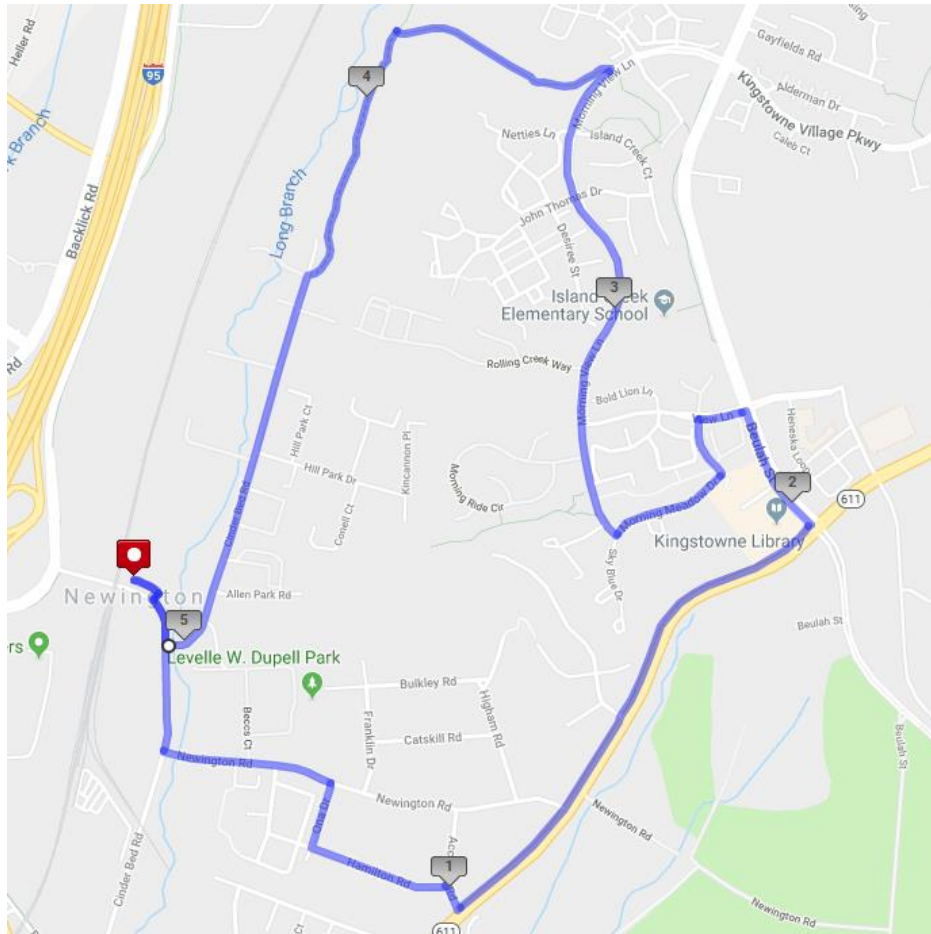
Go down the stairs and cut left through Levelle W. Dupell Park

Take a right on Newington

Turn right on Newington again and back toward Fairwinds

**Kingstowne Striders Torch Tuesday – Fair Winds Brewing Company
7000 Newington Road k & I, Lorton, VA 22079**

5 Mile Route – Beulah/Kingstowne Loop



- Head southwest from Fair Winds down Newington Rd
- Turn left on Newington Rd
- Turn right on Ona Dr (sidewalk ends on Newington)
- Take a left on Hamilton towards Accotink Rd
- Turn right onto Accotink Rd
- Turn left onto Telegraph towards Beulah
- Turn left on Beulah
- Turn left onto View Lane
- Turn left onto Morning Glen Ln
- Turn right onto Morning Meadow Dr
- Turn right on Morning View Ln
- Take path on left when you see tennis courts on your left
- Turn left when path splits towards Cinder Bed Rd
- Follow Cinderbed Rd toward Newington Rd
- Take a right on Newington back to Fair Winds