

8 and 5 mile Week 16							
Parking lot/Eisenhower	R						
Eisenhower /Calumet	R						
Calumet/Stoneybrook	R	Calumet/Stoneybrook	R	Calumet/Stoneybrook	R	Calumet/Stoneybrook	R
StoneyBrook Rd./Creekview	R						
Creekview/Better Way	R						
thru tunnel		thru tunnel		thru tunnel		thru tunnel	
thru YMCA parking lot	R						
parking lot/Kennedy (water)	L						
Kennedy/Railroad	R	Kennedy/Railroad	R	Kennedy/Railroad	R	Kennedy/Railroad	R
Railroad/Papermaker Turn		Railroad/Papermaker Turn		Railroad/Papermaker Turn		Railroad/Papermaker Turn	
for 5 mile		for 5 mile		for 5 mile		for 5 mile	
Railroad/Kimberly Ave.	L						
Kimberly/Marcella	L	Kimberly/Marcella	L	Kimberly/Marcella	L	Kimberly/Marcella	L
Marcella/Third St	L						
Third St/ Rodger	L						
Rodger/Third St	L						
Third St/Railroad	R						
Railroad/Kennedy	L	Railroad/Kennedy	L	Railroad/Kennedy	L	Railroad/Kennedy	L
Kennedy/Parking lot ymca	R						
Parking Lot, Tunnel	L						
Tunnel/Betterway	R	Tunnel/Betterway	R	Tunnel/Betterway	R	Tunnel/Betterway	R
Better Way/		Better Way/		Better Way/		Better Way/	
Railroad/Creekview	L	Railroad/Creekview	L	Railroad/Creekview	L	Railroad/Creekview	L
Creekview/Stoneybrook Rd	L						
Stoneybrook Rd/Calumet	L						
Calumet/ Eisenhower	L						