

week 3 11 and 6 miles

Parking lot/StoneyBrook Rd	R
StoneyBrook Rd./Springfield	R
Springfield/Stillwater Tr.	R
Stillwater/Main St.	L
Main St./Emons Rd.	R
Emons Rd./Hwy N	L
Hwy N/CE TRAIL	R

waterstation

Half turnaround at

CE Trail/Buchanan	L
Buchanan/ Kenneth	R
Kenneth/ 13th	L
13th/Sullivan	L
Sullivan/10th	L
10th St./State St.	L
State St.(Prospect)/Park Ave.	L
Park Ave. straight Buchanan	
Buchanan/ CE Trail	L
CE Trail/Hwy N	L
Hwy N/ Emons Rd.	R
Emons Rd./Main St.	L
Main St./Stillwater Tr.	R
Stillwater/Springfield Dr.	L
Springfield Dr./StoneyBrook Rd.	L
StoneyBrook Rd./Parking lot	L