

9 Miles- Full

Parking Lot/Eisenhower	L
Eisenhower/Emons	R
EmonsBuchanan/CE trail	R
go though tunnel/CE trail	R
CE trail/Crooks	L
Crooks/Ann St	L
Ann St/Fieldcrest	L
Fieldcrest/CE trail	R
CE Trail/Tunnel	L
Buchanan	R
BuchananEmons/Eisenhower	L
Esienhower/Parking Lot	R

4 Miles - Half

Parking Lot/Eisenhower	L
Eisenhower/EmonsBuchanan	R
Buchanan/Maple Ridge	L
Maple Ridge/Maple Ridge	L
Maple Ridge/Maple Ridge	L
Maple Rldge/BuchananEmons	R
Emons/Eisenhower	L