

Half Marathon Training

Parking lot/Eisenhower L
Eisenhower/Springfield R
Springfield/Stillwater Tr. R
Stillwater/Main St. L
Main St./Emons Rd. R
Emons Rd./Hwy N L
Hwy N/Kennedy(water) L
Kennedy/Theoloson L
Theoloson/Brookhaven L
Brookhaven/Hwy N R
Hwy N/Emons R
Emons/Main St. L
Main St./Stillwater Tr. R
Stillwater/Springfield L
Springfield/Eisenhower L
Eisenhower/Parkinglot R

Marathon trianing

Parking lot/Eisenhower L
Eisenhower/Springfield R
Springfield/Stillwater Tr. R
Stillwater/Main St. L
Main St./Emons Rd. R
Emons Rd./Hwy N L
Hwy N/Kennedy(water)
Go over Bridge R
HWY N/IETT ON R
Madison/Ravine L
Ravine/Monroe R
Go over Bridge to Trail
Trestle
waterstation
Trail/Bicentennial/3rd) R
3rd(Kenneth/10th R
10th/Ryan L
Ryan/Buchanan R
Buchanan/Park St. R
ParkSt./Combined Locks Trai L
you'll see red arrow to Trail
Combined Locks Trail, CE Tra R
waterstation
CE Trail/Hwy N L
Hwy N/Emons R
Emons/Main St. L
Main St./Stillwater Tr. R
Stillwater/Springfield Dr L
Springfield/Eisenhower L
Eisenhower/Parkinglot R