

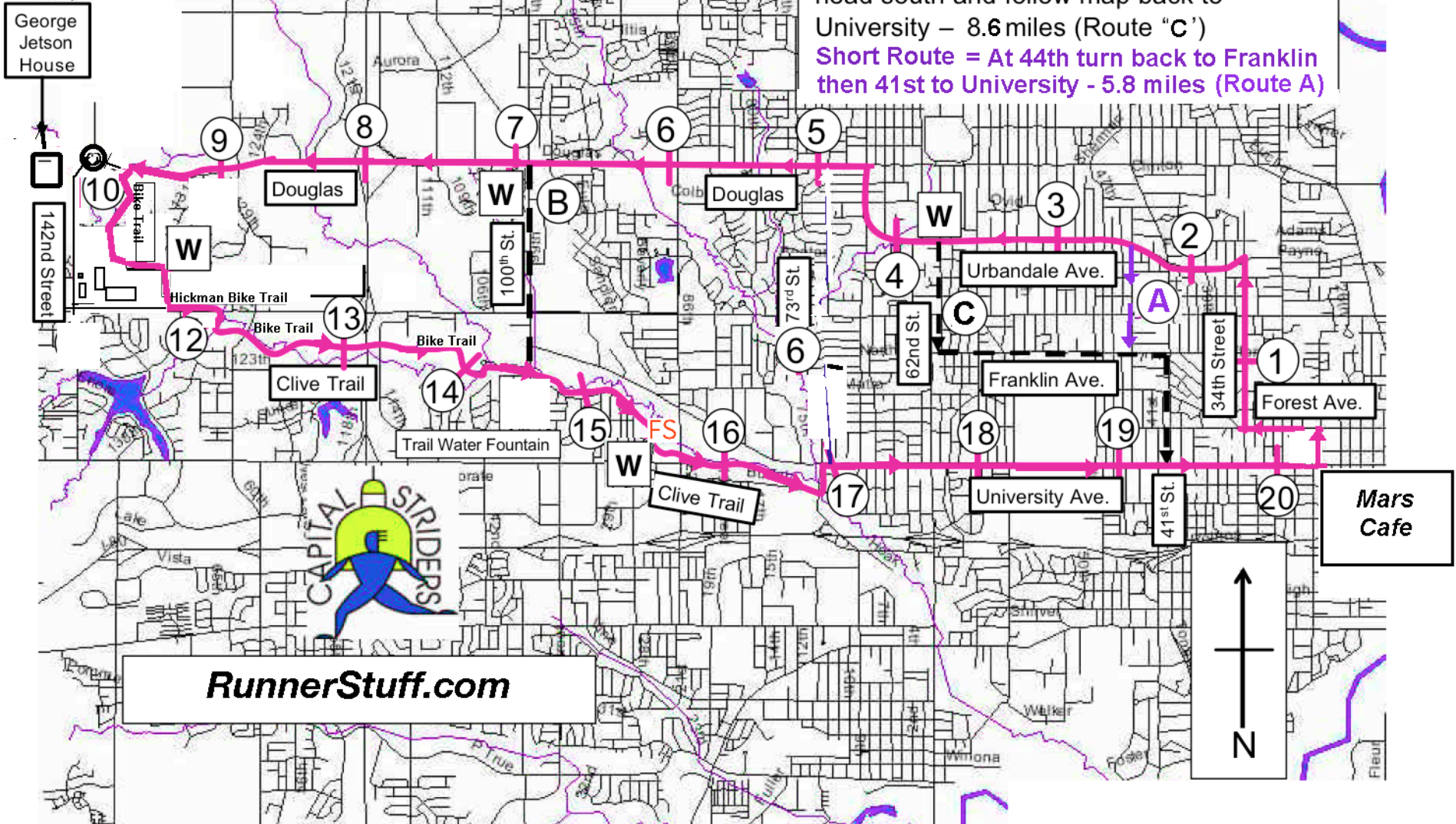


Full Route = 20.3 miles

Long Medium = Return from Douglas and 100th St. – 15.0 miles (Route “B” Catch trail just south of Horizen Center

Medium Route = At Urbandale and 62nd, head south and follow map back to University – 8.6 miles (Route “C”)

Short Route = At 44th turn back to Franklin then 41st to University - 5.8 miles (Route A)



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