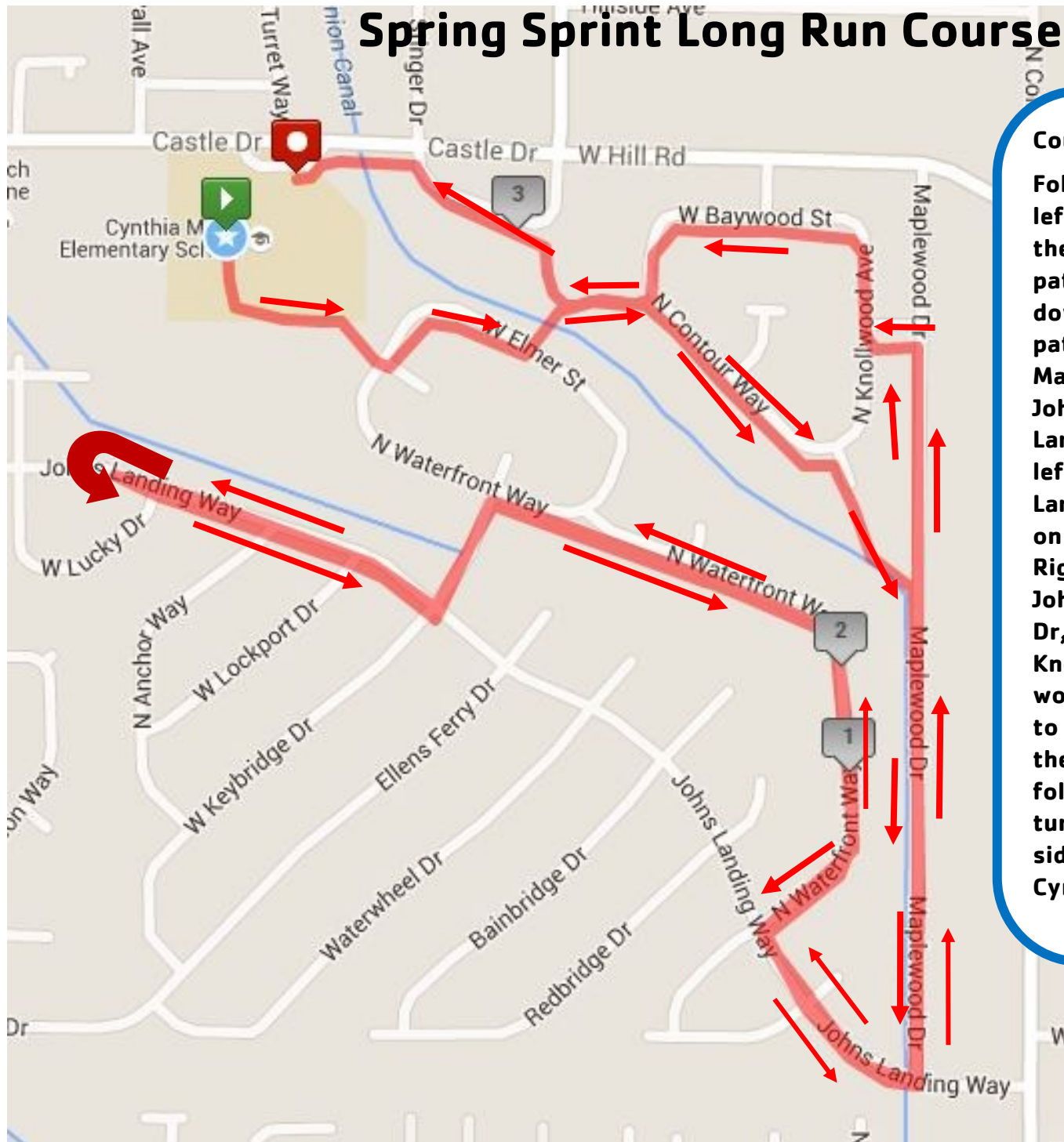


Spring Sprint Long Run Course



Course Description:

Follow the path around the school, left onto Anchor, slight turn and enter the path over the canal, follow the path, Right onto Contour Way, slight downhill, enter cul-de-sac, follow path to Maplewood Dr., right onto Maplewood Dr., follow Maplewood to John's Landing, right onto John's Landing, right onto Waterfront Way, left onto Keybridge, right onto John's Landing, follow to turn around, back on John's Landing, left on Keybridge, Right onto Waterfront Way, left onto John's Landing, left onto Maplewood Dr, follow up to Knollwood, left onto Knollwood, then right to follow knollwood, turns into Baywood, then back to the paved path, stay to the right on the path and follow to Holly Hill Dr, follow to the left of the cul-de-sac, turn left onto Hill Rd. (stay on the sidewalk), follow sidewalk to finish at Cynthia Mann Elementary.