

WFHM Training Run Que Sheet – 10 Miles

- Proceed onto Park Plaza Drive
- Left onto Frederica Street
- Right onto West 25th Street
- Continue on East 25th Street
- Right onto Daviess Street
- Proceed onto Daviess Street
- Left onto Legion Boulevard East
- Head East on the Southwest portion of the Legion Park track and continue to East Byers Avenue
- Proceed onto East Byers Avenue
- Right onto Greenbelt Park and head south
- On the Greenbelt turn around at Frederica Street and Martin Luther King Jr. Loop intersection (mile 5)
- Follow same route back to Legends

