



WFHM Training Run Que Sheet – 12 Miles

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| <ol style="list-style-type: none"> 1. Proceed onto Park Plaza Drive 2. Left onto Frederica Street 3. Right onto West 25th Street 4. Right onto Daviess Street 5. Left onto Legion Boulevard East 6. Head East on the Southwest portion of the Legion Park track and continue to East Byers Avenue 7. Proceed onto East Byers Avenue 8. Left onto Adkisson Greenbelt Park 9. Proceed onto Adkisson Greenbelt Park 10. Turn Around at Millers Mill Road 11. On the Way Back Turn Right onto Lake Forest Drive 12. Proceed onto Lake Forest Drive 13. Left onto Springhurst Lane | <ol style="list-style-type: none"> 14. Continue on Foxtail Place 15. Left onto Wood Trace 16. Proceed onto Wood Trace 17. Left onto Tan Bark Place 18. Circle around Tan Bark Place (The Woodlands) 19. Right onto Wood Trace 20. Right onto Foxtail Place 21. Right onto Springhurst Lane 22. Continue on Lake Forest Drive 23. Right onto Adkisson Greenbelt Park 24. Continue on Adkisson Greenbelt Park 25. Follow same route back to Legends |
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