



Wendell Foster Training Run Que Sheet – 4 Miles

- Start from Legends Fitness Store
- Right on Frost Avenue
- Left on Booth Avenue
- Right on Robin Road
- Left on Griffith Avenue
- Left on Bittel Road
- Continue Straight on Oxford Drive
- Right on Fieldcrest Drive
- Right on Ford, into neighborhood.
- Follow loop of neighborhood in a counterclockwise direction
- Right out of neighborhood (still on Ford)
- Right on Fieldcrest/Clark
- Left on Westview
- Continue onto Booth Ave
- Right on Frost Avenue
- Finish at Legends Fitness Store