



WFHM Training Run Que Sheet – 5 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
- Continue Straight on Clarke Drive
- Slight Left on Middleground Drive
- Left on Merriewood Drive
- Right on Christie Place
- Left on Standish Place
- Left on S. Griffith Avenue
- Right on Booth Avenue
- Right on Frost Avenue
- Finish at Legends Fitness Store