



WFHM Training Run Que Sheet – 7 Miles

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Right onto Frost Avenue 2. Left onto Booth Avenue 3. Right onto Mayfair Avenue 4. Left onto Ford Avenue 5. Right onto Oxford Drive 6. Left onto Bittel Road 7. Left onto Green Belt 8. Left onto Tamarack Road | <ol style="list-style-type: none"> 9. Left onto Chickasaw Drive 10. Right onto Scherm Road 11. Left onto South Griffith Avenue 12. Right onto Booth Avenue 13. Right onto Frost Avenue 14. Left onto Park Plaza Drive 15. Arrive at Legends |
|--|--|