



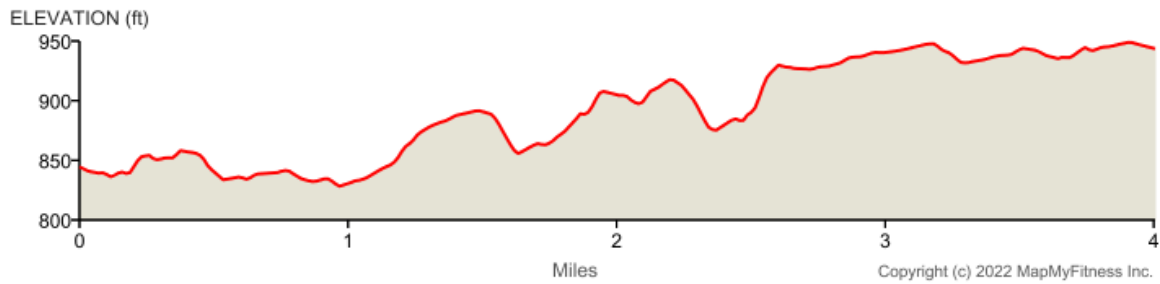
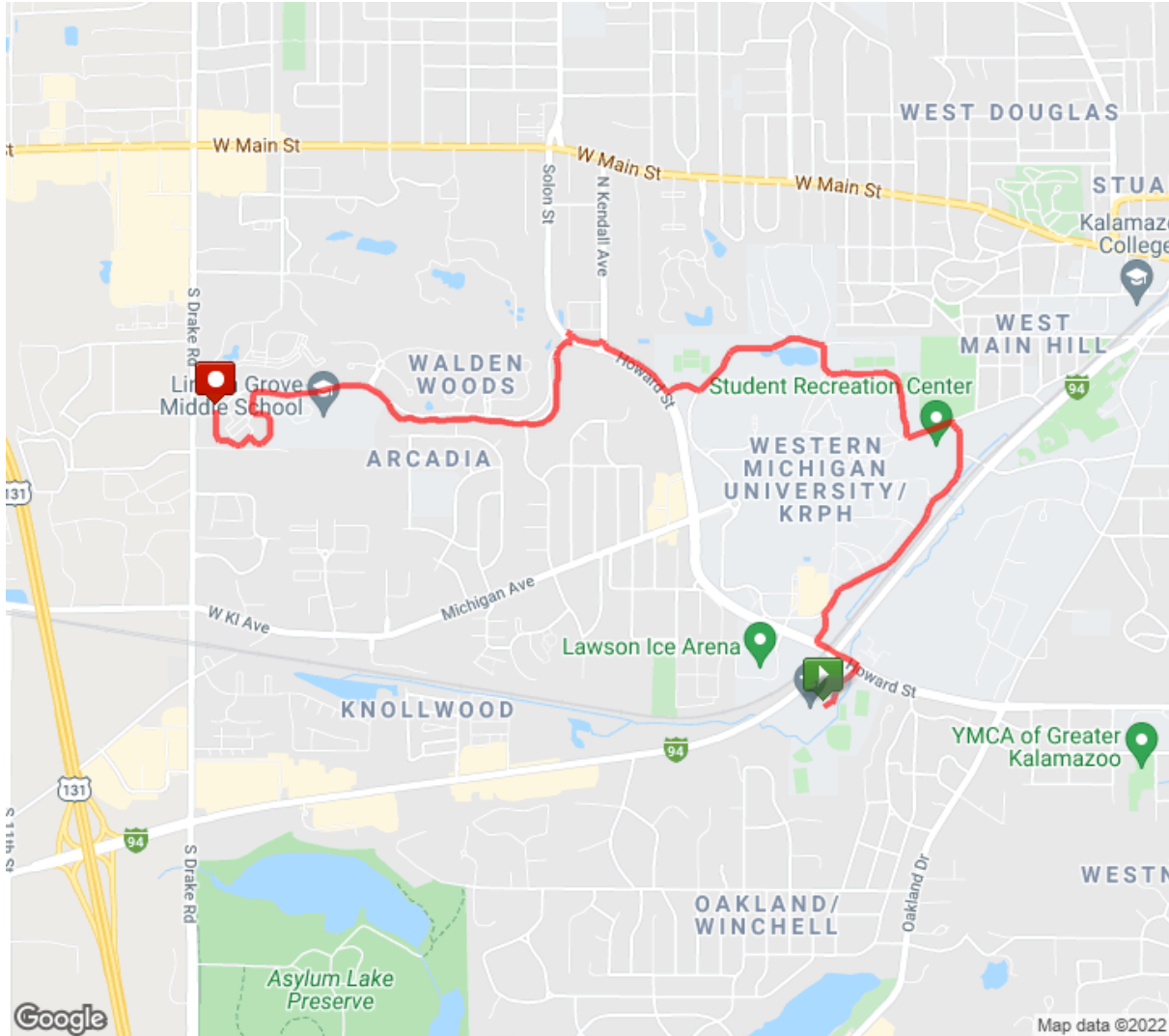
Week 5 - K Christian HS

Distance: 4.00 mi

Elevation Gain: 194 ft

Elevation Max: 949 ft

Notes



0.00 Head northeast
mi

-
- 0.02 mi** Turn right
-
- 0.03 mi** Turn left Destination will be on the left
-
- 0.14 mi** Head northeast toward Howard St
-
- 0.16 mi** Turn left onto Howard St Destination will be on the right
-
- 0.23 mi** Head northwest on Howard St toward Stadium Dr
-
- 0.29 mi** Turn right onto Van De Giessen Rd
-
- 0.38 mi** Turn right onto Ring Rd S Destination will be on the left
-
- 0.39 mi** Head northeast on Ring Rd S toward Arcadia Loop/Van De Giessen Rd Destination will be on the left
-
- 0.82 mi** Head northeast on Ring Rd S toward Hays Dr S Destination will be on the right
-
- 1.07 mi** Head north on Ring Rd S toward W Michigan Ave
-
- 1.08 mi** Turn left onto W Michigan Ave Destination will be on the right
-
- 1.20 mi** Head west on W Michigan Ave toward Ring Rd N
-
- 1.21 mi** Turn right onto Ring Rd N
-
- 1.41 mi** Head west on Ring Rd N toward N Ramp Dr
-
- 1.64 mi** Turn left to stay on Ring Rd N Destination will be on the right
-
- 1.64 mi** Head west on Ring Rd N toward Valley 2 Dr
-
- 1.81 mi** Head west on Ring Rd N
-
- 2.04 mi** Head southwest on Ring Rd N toward Valley Rd
-
- 2.04 mi** Turn right onto Valley Rd Destination will be on the right
-
- 2.13 mi** Head southwest on Valley Rd toward Howard St
-
- 2.14 mi** Turn right onto Howard St
-
- 2.35 mi** At the traffic circle, take the 1st exit onto S Kendall Ave Destination will be on the right
-
- 2.36 mi** Head south on S Kendall Ave
-
- 2.36 mi** At the traffic circle, take the 1st exit onto Solon St
-
- 2.46 mi** Enter the traffic circle
-
- 2.47 mi** Head east toward Solon St
-
- 2.50 mi** Exit the traffic circle onto Solon St
-
- 2.51 mi** Turn right onto Arboretum Trail Destination will be on the left
-
- 2.60 mi** Head south on Arboretum Trail Destination will be on the left
-
- 3.08 mi** Head west on Arboretum Trail
-
- 3.26 mi** Head northwest on Arboretum Trail
-

3.60 mi Turn left Destination will be on the left

3.63 mi Head south toward Central Park Cir

3.65 mi Turn left onto Central Park Cir

3.66 mi Turn left onto Tosomock Cir

3.72 mi Head south on Tosomock Cir toward Antler Hill Cir

3.83 mi Turn left onto Antler Hill Cir

3.88 mi Head west on Antler Hill Cir toward Central Park Cir

3.90 mi Turn left onto Central Park Cir Destination will be on the left

4.01 mi Destination
