

ALPINE RUNNERS

TRAINING COURSES

6 MILES

Start at LZHS, Left on Church, Right on Main, Right on Robertson, Right on Whitney, Right on Rt.12, Right on Old Rand (stay in single file), Left on Main, Left on Lions, Right on Alpine, Right on Bern Ct. (dead end), Through foot path, Left on Lakewood, Right on Echo Lake, Right on Church back to LZHS.

7.8 MILES

Same as above but, Stay on Lions (no turn on Alpine), Cross Miller into Briarwoods, Left on N Bruce Circle, Left on Acorn, Right on Old McHenry, Right on Echo Lake, Right on Church back to LZHS.

10.3 MILES

Same as above but, From Echo Lake, Left on Lakewood, Cross Church into Oakwood, Cross Rt.22 (Careful!) into Old Mill Grove, Right on Brush Hill, Right on Burr Oak, Left on Ramblewood, Right on Ginger Trail, Right on Bueshing, Left on Rt. 22, Right on Church back to LZHS.

12 MILES

Same as above but, From Old Mill Grove (no turn on Brush Hill), Right on Pheasant Ridge, Right on Old Rand, Right on Bueshing, Left on Rt.22, Right on Church back to LZHS, Finish behind LZHS.

14 MILES

Same as above but, From Pheasant Ridge (no turn on Old Rand), Cross Old Rand to Shopping Center, Cross Rt.12 (Careful!) into Deerpath, Right on Cuba (Careful!), Right on Ela (Careful!), Cross Rt.12 (Careful!), Right on Robertson, Left on Main, Left on Church back to LZHS.

16 MILES

Same as above but, From Ela, Cross Rt.22 (Careful!), Left on Whitney, Right on Rt.12, Right on Old Rand, Left on Main, Left on Church back to LZHS, circle around back of LZHS to finish in front of LZHS.

18 MILES

Same as above but, From Cuba (no turn on Ela), Cross Ela (Careful!), Right on Old Farm, Left on Middle Fork, Right on Rainbow, Left on Rt.22 (Careful!), Right on Hewes, Left on Thomas, Right on Carriage, Right on Signal Hill, Through the footpath into Honey Lake, Left on Fairway, Right on Ravinia, Cross Rt.12 (Careful!) into Old Rand, Left on Main, Left on Church back to LZHS, Finish is behind LZHS.

20 MILES

Same as above but, From Thomas, Left on Carriage (no right), Right on Pine Woods, Left on Old Oak, Right on Honey Lake, Left on Signal Hill, Right on Biltmore, Right on Eton, Right on Kimberly, Left on Honey Lake, Through the footpath into Honey Lake, Left on Fairway, Right on Ravinia, Cross Rt.12 (Careful!) into Old Rand, Left on Main, Left on Church back to LZHS, Finish is at LZHS.

21.2 MILES

Same as above but, From Ravinia, Cross Rt.12 (Careful!) into Old Rand, Left on Pine Tree Row, Right on Rugby, Right on Miller, Right on Summit into Lions, Left on Main, Left on Church back to LZHS.