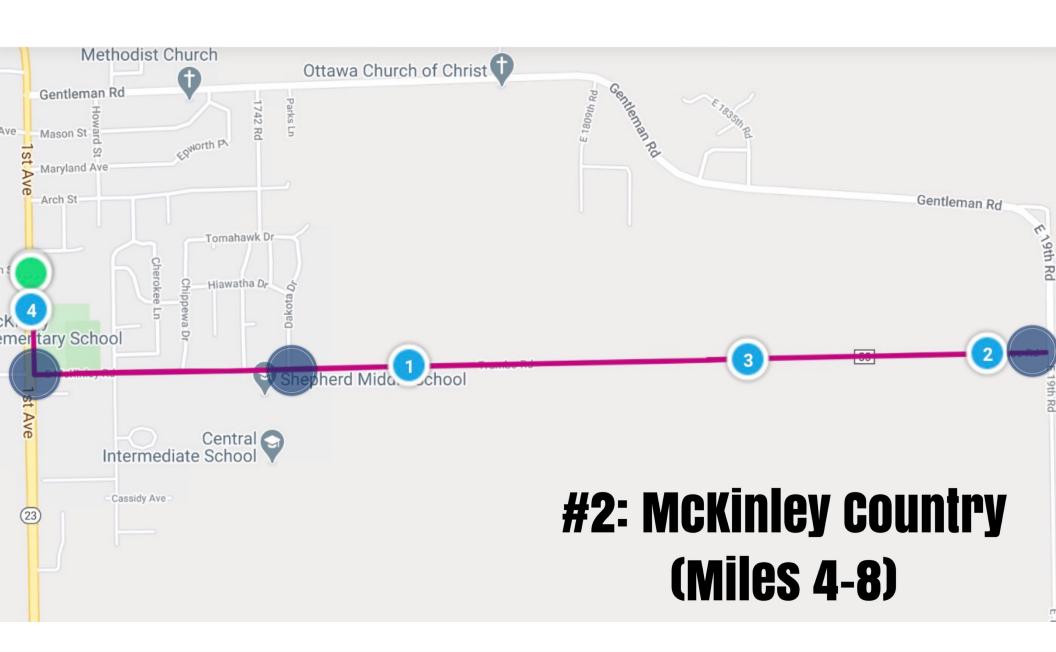


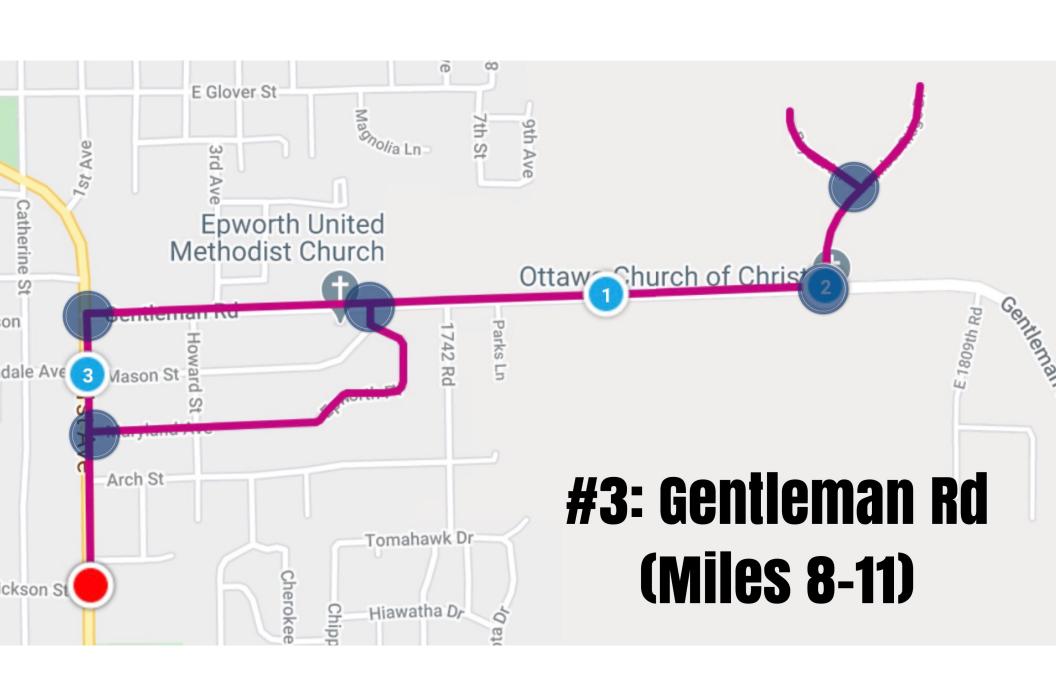
AIDE STATION: ADMIN BLDG #1 (Fosse Rd - Out/Back)

- Looking out at Rt 23 from the admin building, turn LEFT & head towards Kroger (stoplight).
- At stoplight, turn RIGHT & go to Adams.
- At Adams St, turn LEFT.
- Take Adams to the T intersection (2650th/ or Fosse Rd), turn RIGHT.
- Follow Fosse Rd over the railroad tracks & to the first street intersection (1569th Rd)
- TURN AROUND & go back to Adams St.
- Turn LEFT onto Adams St & head back towards McKinley.
- Turn RIGHT at McKinley. Go to the stoplight (Rt 23).
- Turn LEFT at Rt 23 (stoplight) and head to Admin Bldg.



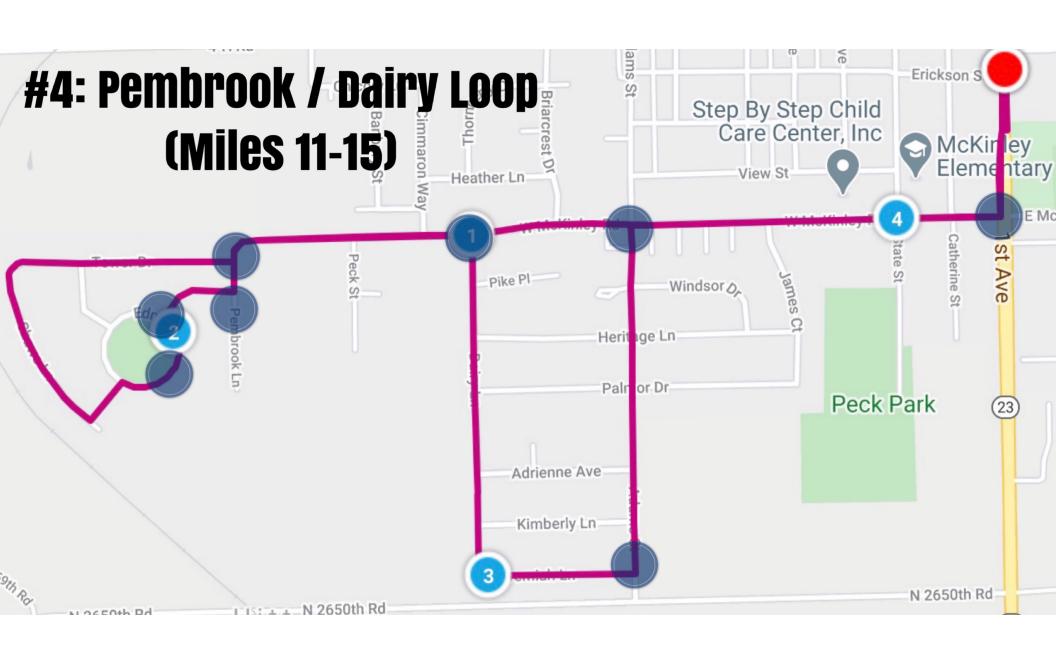
AIDE STATION: ADMIN BLDG #2 (McKinley Country - Out/Back)

- Continue back to the stoplight (Rt 23).
- At stoplight, turn LEFT to follow McKinley out of town
- At E 19th Rd (Gentleman Rd), TURN AROUND
- Head back to Rt 23.
- At the stoplight (Rt 23), turn RIGHT.
- Return to the Crossbridge Admin Building.



#3 (Gentleman Rd Loop)

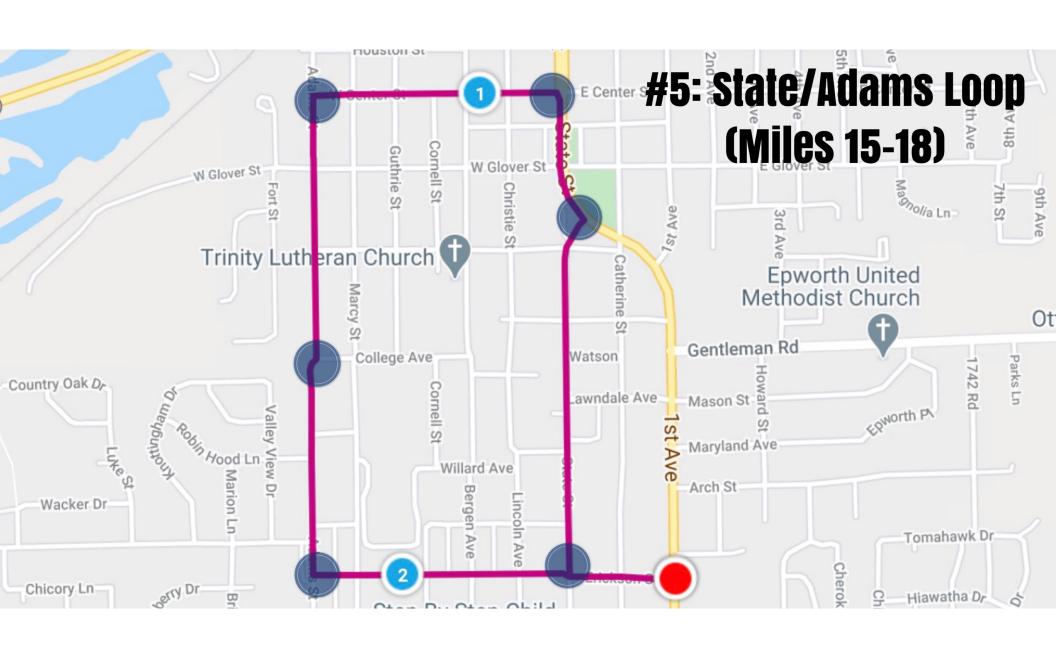
- Follow Rt 23 to Maryland, Turn RIGHT.
- This road dead ends going through Epworth Village (Retirement Community) to Epworth Church, turn RIGHT.
- At Gentleman Rd, Turn RIGHT again.
- Head out to 1779th Rd (Neighborhood across from Church of Christ)
- Do both culdesacs (Straight to the end, turn around. Then turn RIGHT to the other one, turn around. Turn RIGHT to head back to Gentleman Rd)
- At Gentleman Rd, turn RIGHT and head back to Rt 23.
- Turn LEFT onto Rt 23. Go to Admin Bldg.



AIDE STATION: ADMIN BLDG

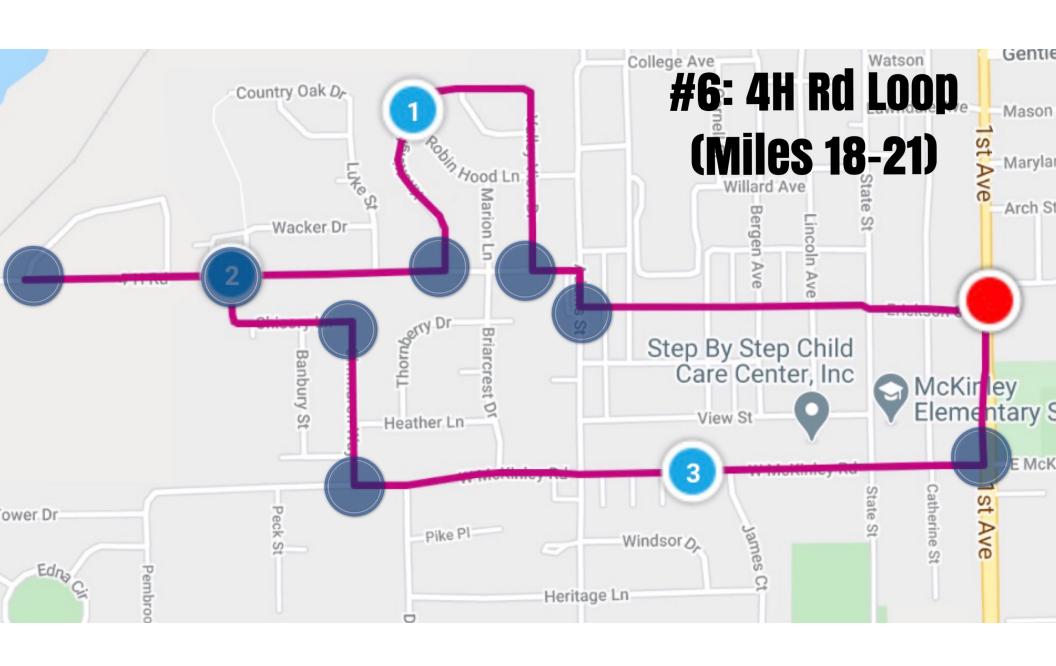
#4 (Pembrook/Dairy Loop)

- Continue on Rt 23 towards Kroger.
- At stoplight, turn RIGHT & head to Pembrook Subdivision (at the end)
- Turn RIGHT on Tower drive & follow it all the way around the back, curving left onto Shaws Ln.
- Before it dead ends you'll turn LEFT heading straight for the park (Edna Circle). Turn RIGHT.
- Follow the circle around to the first exit (Addie Ave).
- At the T intersection (Pembrook Ln) Turn LEFT (this turns back into McKinley Rd).
 Follow until the first residential road on the RIGHT (Dairy Ln)
- Turn RIGHT onto Dairy lane. It curves left into Jeremiah Ln.
- At the stop sign turn LEFT onto Adams St to head towards McKinley.
- Turn RIGHT at McKinley. Go to the stoplight (Rt 23).
- Turn LEFT at Rt 23 (stoplight) and head to Admin Bldg.



AIDE STATION: ADMIN BLDG #5 (State/Adams Loop)

- Cross the street to Erickson.
- Turn RIGHT onto State St (stop sign) & take it to the T intersection at Rt 23 (stoplight)
- Turn LEFT on Rt 23 & follow to the next stoplight.
- At stop light (Center St), turn LEFT.
- Follow Center St until the T intersection at Adams St.
- Turn LEFT. Follow Adams to the stop sign (curves slightly right) & keep going straight.
- At Erickson (just passed Early Childcare Center), turn LEFT
- Follow Erickson to Admin Bldg



AIDE STATION: ADMIN BLDG #6 (4H Rd Loop)

- Cross over to Erickson & follow to the T intersection (Adams)
- Turn RIGHT on Adams & next LEFT onto
 4H Rd
- Take the first RIGHT (Valley View). At the end, this curves to the left in a horseshoe shape into Knottingham Dr.
- At 4H Rd, Turn RIGHT & go to the SECOND fairground entrance - TURN AROUND.
- Heading back, take the first road on the RIGHT to cut through this neighborhood (Ashbury Way).
- (Take the curves) Ashbury curves LEFT into Chicory Ln and then curves RIGHT into Cimmaron Way. You will come out at McKinley - Turn LEFT.
- Head back to Rt 23 (stoplight).
- At the stoplight (Rt 23) turn LEFT & go back to Admin Bldg.



AIDE STATION: ADMIN BLDG #7 (Kiwanis Park Loop)

- Continue on Rt 23 to the road right after Kiwanis Park (Glover)
- Turn RIGHT. Take Glover all the way down until it almost ends.
- At 7th Ave, turn RIGHT. Take the small neighborhood loop (7th Ave curves left into short st, left again into 9th Ave & left again back around to 7th Ave, turn right & go back out to Glover)
- Turn RIGHT to get back on Glover (only a few steps until you'll have to curve LEFT onto 8th Ave)
- 8th Ave dead ends at Center St, turn LEFT
- The very next road you can take is Park Ave, turn RIGHT.
- Follow it around, it will curve to the LEFT into Van Buren St.
- Follow Van Buren to Rt 23.
- Turn LEFT onto Rt 23 & follow back to Admin Bldg.



AIDE STATION: ADMIN BLDG #8 (Dakota Dr. Loop)

- Continue straight to the stoplight (Rt 23).
- At stoplight, turn LEFT to follow McKinley to the edge of town.
- The last road before you leave town is Dakota Dr, Turn LEFT.
- Go to the end of it & follow the curve to the LEFT into Tomahawk Dr
- It will curve LEFT again into Chippewa Dr.
- At McKinley, turn RIGHT and head back to Rt 23. At the stoplight, turn RIGHT.
- Return to the Crossbridge Admin Building.
- Done 26.2 Miles!