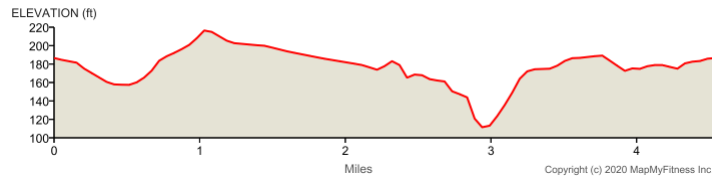
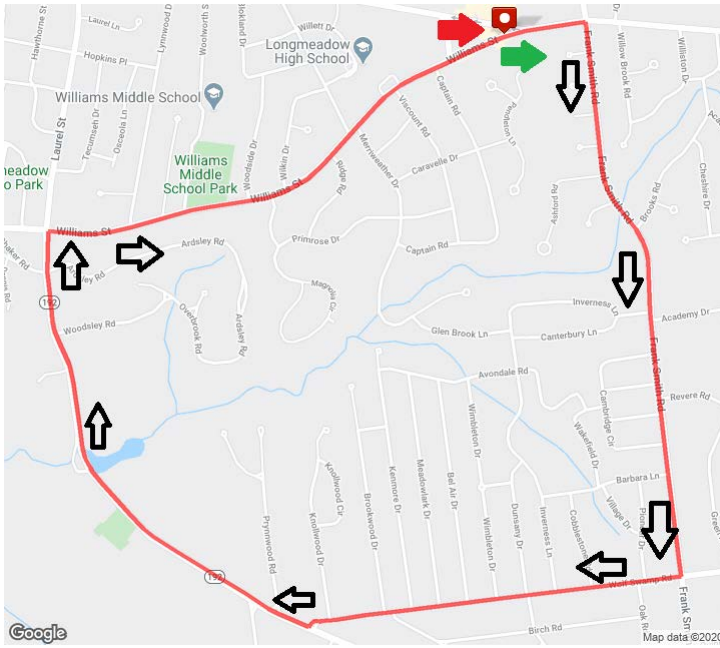


Big Y Start- 4.5 Miles, Williams-Frank-Wolf-Shaker-Williams

Distance: 4.54 mi
 Elevation Gain: 137 ft
 Elevation Max: 218 ft



- 0.00 mi Head east (UP) on Williams St toward Bliss Rd
- 0.19 mi Turn right onto Frank Smith Rd
- 0.20 mi Head south on Frank Smith Rd toward Regent Cir
- 1.44 mi Turn right onto Wolf Swamp Rd
- 1.45 mi Head west on Wolf Swamp Rd toward Pioneer Dr
- 2.27 mi Bear right onto Shaker Rd toward Prynwood Rd
- 3.32 mi Shaker Rd turns into Laurel St
- 3.41 mi Turn right onto Williams St
- 3.42 mi Head east on Williams St toward Lynnwood Dr
- 4.55 mi End at Big Y