



Start on E. Witherspoon at N. Preston. Right on River Rd. east to Water Tower at Zorn Ave. Loop around the Water Tower and turn left on the bike path. Stay on the bike path to Cox's Park bathroom shelter. Loop around and head back west. Loop the Water Tower and turn right onto River Rd. West on River Rd. to Edith Ave. Left on Edith Ave. to Mellwood Ave. Right on Mellwood Ave. to Frankfort Ave. Right on Frankfort Ave to River Rd. Left onto River Rd. back to E. Witherspoon. Left on East Witherspoon to finish near the start. For the 30k the finish is behind the Skate Park.