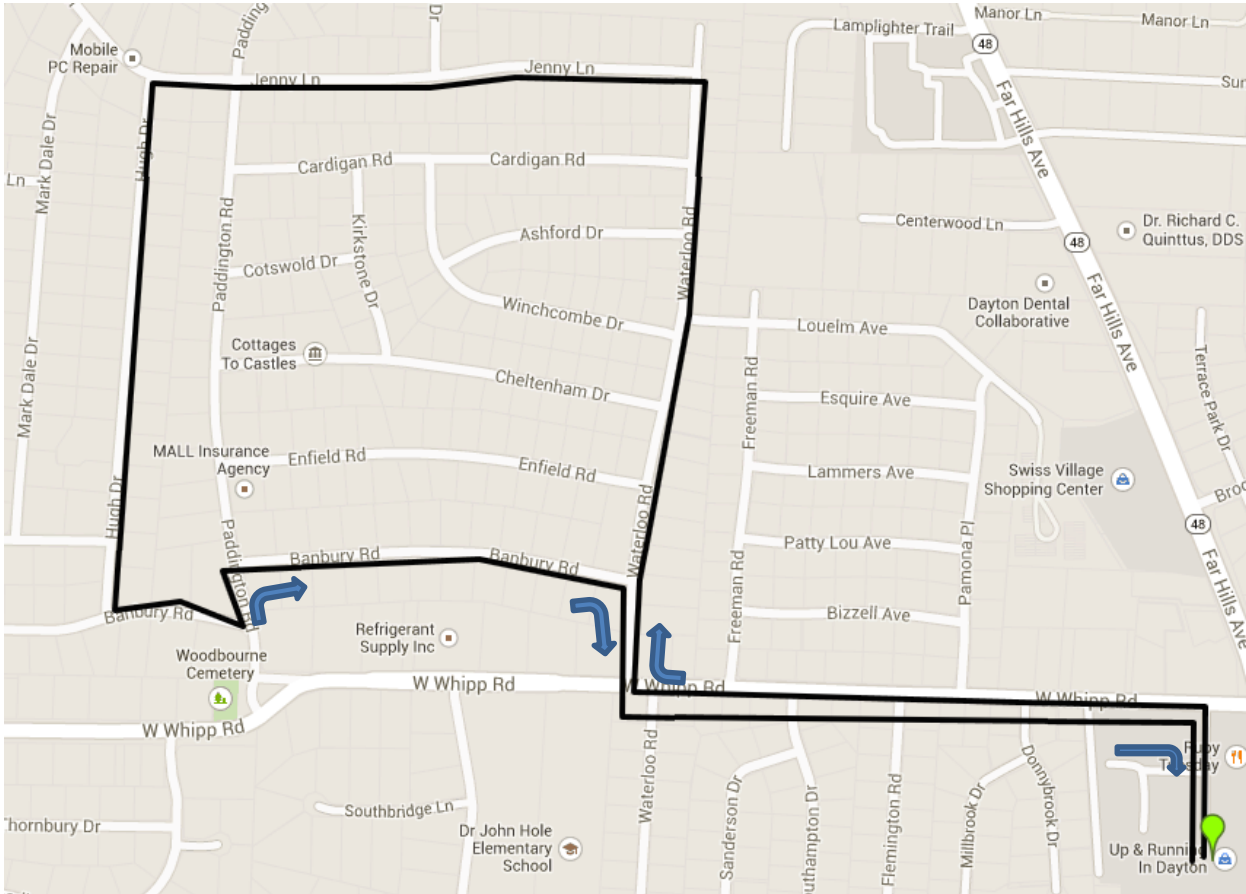


Up and Running Dayton 3.00 mile route



Start Point:

Up and Running Dayton

6123 Far Hills Ave

Dayton, OH 45459

937-432-9210

Run Directions:

- From UAR head toward Whipp Rd. (North)
- LEFT on to Whipp Rd.
- Cross Whipp Rd at stoplight, (RIGHT) on to Waterloo Rd.
- (LEFT) on to Jenny Ln.
- (LEFT) on to Hugh Dr. (South) to Banbury Rd.
- (LEFT) on to Banbury Rd. (East) to Paddington Rd
- (LEFT) on to Paddington Rd
- "Immediate" (RIGHT) on to Banbury Rd
- *** Water stop at Paddingtion/Banbury ***
- CONTINUE (East) on Paddington Rd to Waterloo Rd
- (RIGHT) on to Waterloo Rd to Whipp Rd.
- (LEFT) on to Whipp Rd (Back to Store)