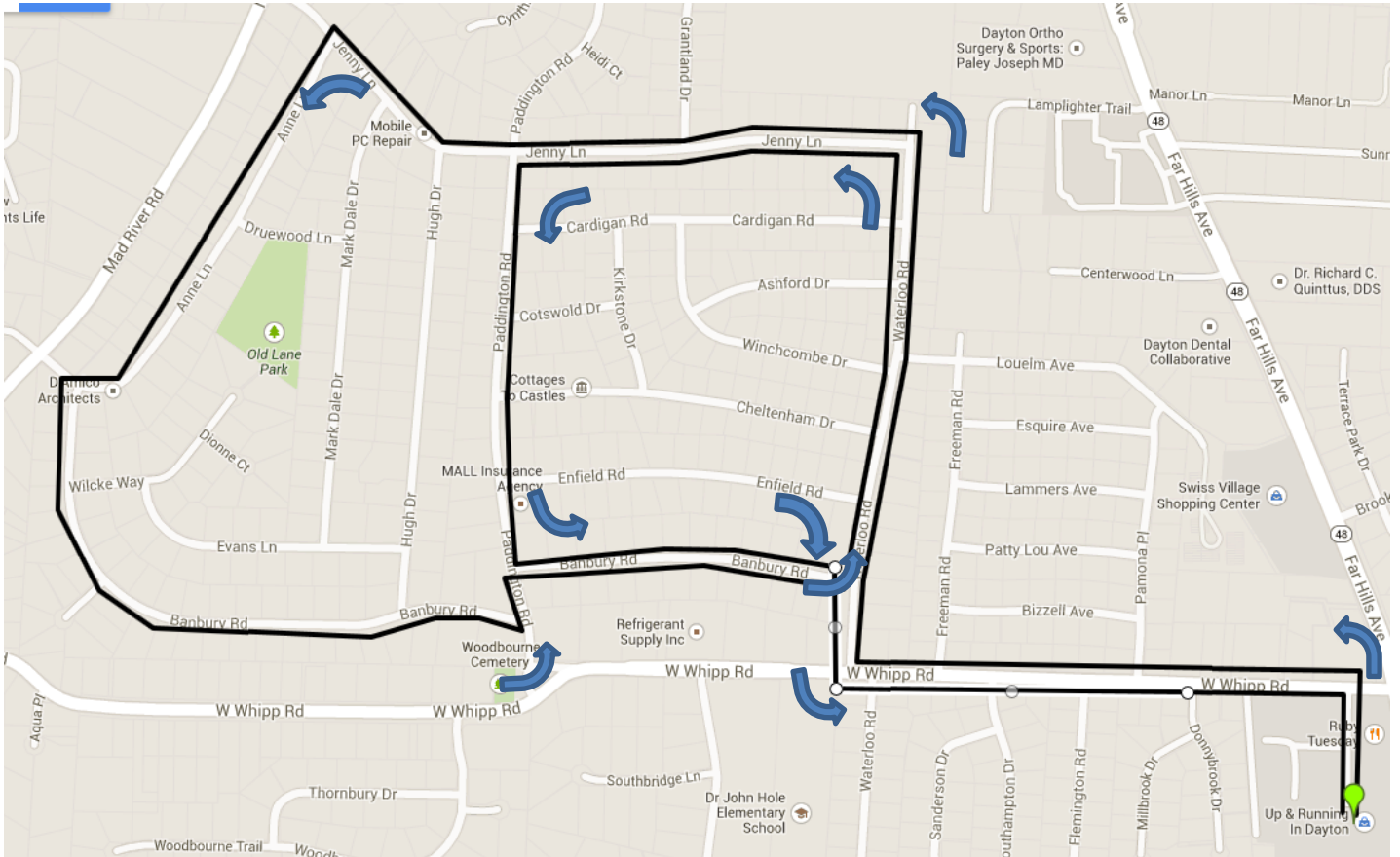


Up and Running Dayton 4.50 mile route



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 Anne Ln. (South) to Banbury Rd.
- (LEFT) on to Banbury Rd. (East) to Paddington Rd
- (LEFT) on to Paddington Rd
- "Immediate (RIGHT) on Banburg Rd
- *** Water stop at Paddingtion/Banbury ***
- CONTINUE (East) on Banburg Rd to Waterloo Rd
- (LEFT) on to Waterloo Rd (North)
- (LEFT) on to Jenny Ln. (West)
- (LEFT) on to Paddington Rd (South)
- (LEFT) on to Banburg Rd (East)
- (RIGHT) on to Waterloo Rd to Whipp Rd.
- (LEFT) on to Whipp Rd (Back to Store)

Up and Running Dayton 4.50 mile route