

Up and Running Dayton 5.00 mile route



Start Point:

Up and Running Dayton
6123 Far Hills Ave
Dayton, OH 45459
937-432-9210

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Run Directions:

- From UAR head toward Whipp Rd. (North)
- LEFT on to Whipp Rd.
- Cross Whipp Rd (1st Street)
- (RIGHT) on to Panona Rd.
- (LEFT) on to Lou Elm Ave. (*at end of Panona*)
- (RIGHT) on to Waterloo (North)
- (LEFT) on to Jenny Ln (West) (*at the stop sign*)
- (RIGHT) on to Grantland Dr, (*Cross Rahn Rd*)
- (LEFT) on to Bur-Del to Towerview Rd.
- (RIGHT) on to Towerview Rd
- (LEFT) on to Vernadale Dr. to Bittersweet Dr.
- (LEFT) on to Bittersweet Dr., (*back to Towerview Rd*)
- (RIGHT) on to Towerview Rd
- (LEFT) on to Bur-Del
- (RIGHT) on to Grantland Dr. (*back across Rahn Rd*)
- (RIGHT) on to Jenny Ln
- (LEFT) on to Anne Ln.
- (LEFT) on to Banburg Rd
- (LEFT) on to Paddington Rd
- "Immediate (RIGHT) on Banburg Rd
- (LEFT) on to Waterloo Rd (North)
- (RIGHT) on to Lou Elm
- (RIGHT) on to Pamona
- (LEFT) on to Whipp Rd (Back to Store)