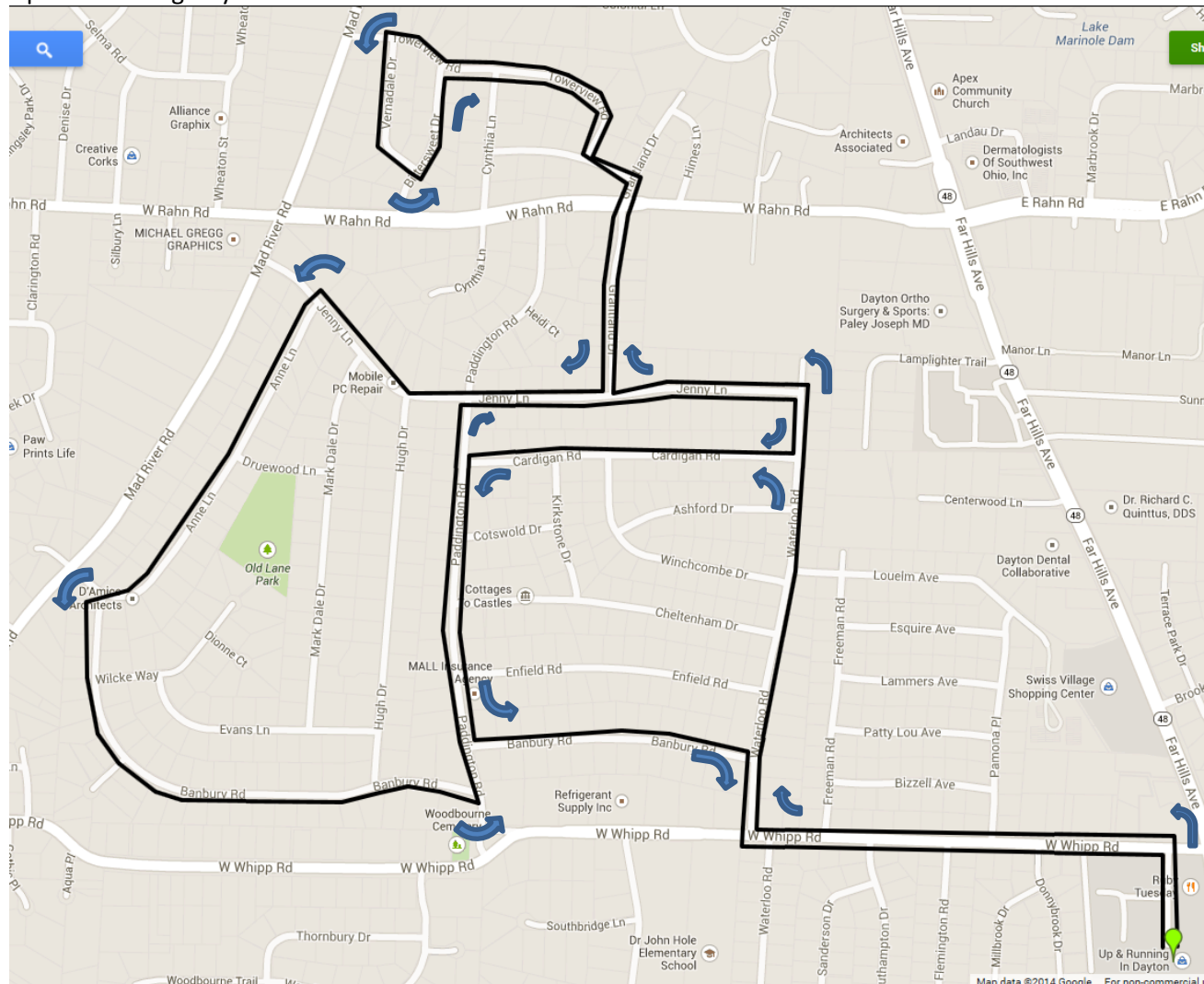


Up and Running Dayton 6.00 mile route



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 (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
- (RIGHT) on Jenny Ln
- (RIGHT) on to Waterloo Rd (South)
- (RIGHT) on to Cardigan Rd.
- (LEFT) on to Paddington Rd
- (LEFT) on to Banburg Rd
- (RIGHT) on to Waterloo Rd (South)
- (LEFT) on to Whipp Rd (Back to Store)