

Rock City Running-4 mi

<http://www.gmap-pedometer.com/?r=7719678>

Left on Market Street out of parking lot.

Left on Arcade

Left on N Shackelford

Cross N Rodney Parham at light at 7 Brews (BE CAREFUL!!!)

Right on Yosemite Valley Dr/becomes Wentwood Valley Dr @
curve (1 mi @ Chaparral Ln)

Left on Platte Valley Dr

Left on Arkansas Valley Dr

Right on Yosemite Valley Dr (if you get back to light @ 7 Brews,
you've gone too far)

Left on Gila Valley Dr

Right on Hidden Valley Dr

Right on Shenandoah Valley Dr (2 mi)

Left on Pleasant Valley Dr

Cross Rodney Parham at light (BE CAREFUL!!)

Left on Valley Club Circle (3 mi after turn)

Left on Buff Ln

Right on Rodney Parham (stay on sidewalk)

Cross N Rodney Parham at light, road becomes Green Mountain
Dr

Left on Rainwood Rd at light

Left on Merrill Lane

Right on Arcade

Left on Market Street

Right into parking lot 4.0 mi