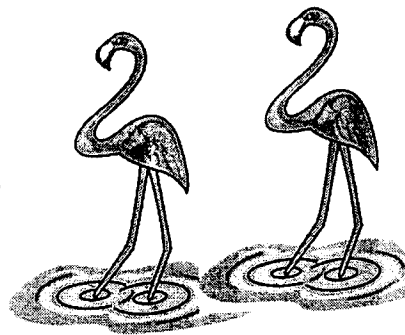


2005 LR MARATHON TRAINING PROGRAM



COURSE DIRECTIONS - ALLSOP PARK

- From parking lot – left on Cedar Hill Road
- Thru light @ Cantrell – over bridge
- Left on Brookwood (Porta-potties on left)
- Right on Turtle Creek (1 mi)
- Left on Riverfront
- Continue past Rebsamen Park Golf Course (2 mi)
- 2.5 mile mark (five mile turnaround) is at the culvert bridge
- Past 1st entrance to Murray Park (3 mi)
- Past 2nd entrance to Murray Park (bathrooms on right)
- Past Overlook and left onto trail
- Turn around at Jimerson Creek bridge (do not cross bridge)
- Retrace route back to Turtle Creek
- Right on Turtle Creek
- Left on Brookwood
- Right on Cedar Hill (over bridge, cross Cantrell)
- Right into Allsop parking lot (9.2 miles)

- If you continue on past Jimerson Creek to 2nd turn-around after the I-430 bridge & then retrace route, the mileage will be 11.6

11/05/04 – 14 miler from Allsop



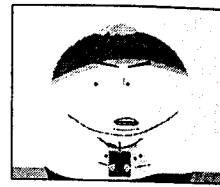
- Begin at **Allsop Park** parking lot
- **Left on Cedar Hill**
- **Cross Cantrell** at light
- **Go over Bridge**
- **Left on Brookwood** (soccer fields on left)
- **Right at Turtle Creek**
- **Left on Riverfront DR**
- Stay on road to Golf course, go to top of hill at Rebasmen Park Road
- Turn around and head back **Riverfront Drive**, past Alltel
- **Left on Cottondale**
- Follow bike path (past Jr Deputy & parallel to Cantrell, under overpass, come up at Cathedral school)
- Sidewalk on Cantrell begins past Cathedral school – stay on sidewalk or follow bike path, both will take you to Cross
- **Right on Cross**
- **Left on Markham** – continue down Markham to Commerce
- **Right on Commerce**
- **Right on Capitol**
- **Left on Rock**
- **Left on 8th**
- **Right on Commerce**
- Stay on Commerce to Daisy L Gatson Bates
- **Right on Daisy L Gatson Bates**
- **Right on Scott** (at Villa Marie house)
- Stay on Scott to Capitol
- **Left on Capitol**
- Stay on Capitol
- **Right at Capitol Bldg** (Woodlane)
- **Right on MLK**
- **Left on 3rd** - turns into Markham
- **Right on Kavanaugh @ light** (Pizza D'Action & Oyster Bar are on left @ light)
- **Stay on Kavanaugh**
- **Right on Hillcrest** & go up to St. Mary's Parking lot
- Turnaround at Mt. St. Mary's Parking Lot and head back down Hillcrest
- **Left on Kavanaugh** (Promenade sign 1 mi)
- **Left on North Cedar** (1 block)
- **Left on Cedar Hill**
- Immediate left into church parking lot – get on **Allsop Park Trail**
- Follow trail down hill and finish in **Allsop Park parking lot**

11/05/04 – 18 miler from Allsop



- Begin at Allsop Park parking lot
- Left on Cedar Hill
- Cross Cantrell at light
- Go over Bridge
- Left on Brookwood (soccer fields on left)
- Right at Turtle Creek
- Left on Riverfront DR
- Stay on road (or trail) to Murray Park start/finish line, just past the second entrance
- Turn around and head back Riverfront Drive, past Alltel
- Left on Cottondale
- Follow bike path (past Jr Deputy & parallel to Cantrell, under overpass, come up at Cathedral school)
- Sidewalk on Cantrell begins past Cathedral school – stay on sidewalk or follow bike path, both will take you to Cross
- Right on Cross
- Left on Markham – continue down Markham to Commerce
- Right on Commerce
- Right on Capitol
- Left on Rock
- Left on 8th
- Right on Commerce
- Stay on Commerce to Daisy L Gatson Bates
- Right on Daisy L Gatson Bates
- Right on Scott (at Villa Marie house)
- Stay on Scott to Capitol
- Left on Capitol
- Stay on Capitol
- Right at Capitol Bldg (Woodlane)
- Right on MLK
- Left on 3rd - turns into Markham
- Right on Kavanaugh @ light (Pizza D'Action & Oyster Bar are on left @ light)
- Stay on Kavanaugh
- Right on Hillcrest & go up to St. Mary's Parking lot
- Turnaround at Mt. St. Mary's Parking Lot and head back down Hillcrest
- Left on Kavanaugh (Promenade sign 1 mi)
- Left on North Cedar (1 block)
- Left on Cedar Hill
- Immediate left into church parking lot – get on Allsop Park Trail
- Follow trail down hill and finish in Allsop Park parking lot

9/11/04 – 20 miler from Allsop



- Begin at Allsop Park parking lot, head out parking lot
- Left on Cedar Hill
- Cross Cantrell at light
- Go over Bridge
- Left on Brookwood (soccer fields on left)
- Right at first stop sign (Riverdale)
- Left on Riverfront DR
- Stay on road (or trail) past Murray Park, past dam, over wooden bridge at Jimerson Creek – turn around will be about 400 meters down the road past bridge
- Turn around and head back the same way
- Left on Cottondale
- Follow bike path (past Jr Deputy & parallel to Cantrell, under overpass, come up at Cathedral school)
- Sidewalk on Cantrell begins past Cathedral school – stay on sidewalk or follow bike path, both will take you to Cross
- Right on Cross
- Left on Markham – continue down Markham to Commerce
- Right on Commerce
- Right on Capitol
- Left on Rock
- Left on 8th
- Right on Commerce
- Stay on Commerce to Daisy L Gatson Bates
- Right on Daisy L Gatson Bates
- Right on Scott (at Villa Marie house)
- Stay on Scott to Capitol
- Left on Capitol
- Stay on Capitol
- Right at Capitol Bldg (Woodlane)
- Right on MLK
- Left on 3rd - turns into Markham
- Right on Kavanaugh @ light (Pizza D'Action & Oyster Bar are on left @ light)
- Stay on Kavanaugh
- Right on Hillcrest & go up to St. Mary's Parking lot
- Turnaround at Mt. St. Mary's Parking Lot and head back down Hillcrest
- Left on Kavanaugh (Promenade sign 1 mi)
- Left on North Cedar (1 block)
- Left on Cedar Hill
- Immediate left into church parking lot – get on Allsop Park Trail
- Follow trail down hill and finish in Allsop Park parking lot