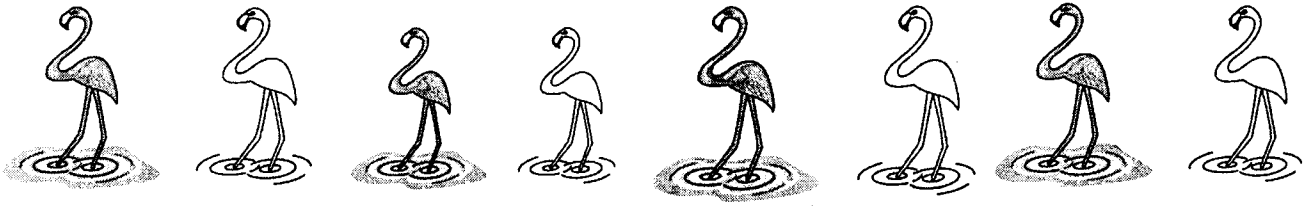


LR Marathon Training Program Course Directions-McArthur Park



- From parking lot – left on Commerce
- Right on Daisy Gatson Bates (1st street after 630 overpass)
- Right on Scott @ Villa Marre
- Left on Capitol (1.1 miles)
- Right on Cross (2 miles @ 3rd St)
- Right on Markham
- Left on Broadway – continue over the Arkansas River
- Left on West Broadway (at foot of Broadway bridge in NLR)
- Left on Karrott (3.3 miles)
- Left on Riverfront Drive (in front of US Border Patrol Bldg)
- Left on Olive (Alltel Arena will be in front of you after you turn)
- Left on Washington
- Left on Main Street Bridge (side with pedestrian walk way)
- Left on Markham (4.9 miles)
- Right on Commerce (by the police station)
- Right on Capitol
- Left on Cumberland (No street sign-street after Rock)
- Left on 9th Street
- Right on Commerce – back to parking lot (6 miles)

LR Marathon Training Program – 6 MILE Course Directions-McArthur Park



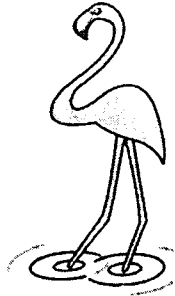
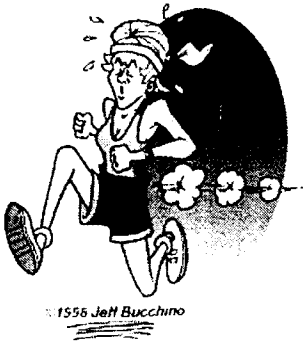
- From parking lot – left on Commerce
- Right on Daisy Gatson Bates (1st street after 630 overpass)
- Right on Scott @ Villa Marre
- Left on 9th St
- Right on Broadway (1.6 mi @ Markham)
- Continue on Broadway over Broadway Bridge
- Left on West Broadway (at foot of Broadway bridge in NLR)
- Left on Karrott (2.3 miles)
- Left on Riverfront Drive (in front of US Border Patrol Bldg)
- Left on Olive (Alltel Arena will be in front of you after you turn)
- Left on Washington
- Right on Riverfront (past Wyndham)
- Right on Karrott (4.0 mi)
- Right on West Broadway
- Right on Broadway (over Broadway Bridge)
- Continue on Broadway (5.0 mi @ 3rd)
- Left on 9th Street
- Right on Commerce – back to parking lot (6 miles)



LR Marathon Training Program Course Directions-McArthur Park 5 or 9 miles

- From parking lot – left on Commerce
- Right on Daisy Gatson Bates (1st street after 630 overpass)
- Right on Scott @ Villa Marre
- Left on 9th St
- Right on Broadway
- Continue on Broadway over Broadway Bridge
- Left on West Broadway (at foot of Broadway bridge in NLR)
- Left on Karrott
- Left on Riverfront Drive (in front of US Border Patrol)
- On Riverfront DR to Olive (3 miles)
- 5 milers turn left on Olive, or
- 9 milers turn right onto NLR River Trail
- 9 milers follow River Trail to 2 mile mark (5 miles), turn around & retrace River Trail back to Olive St. (7 miles)
- Left on Washington (Alltel Arena will be in front of you)
- Left on Main Street (use pedestrian bridge @ light opposite Wyndham hotel)
- At foot of bridge, street becomes Scott St. Stay on Scott to Daisy Gatson Bates
- Left on Daisy Gatson Bates
- Left on Commerce
- Right into parking lot @ McArthur Park 5 or 9 miles

2004 LR Marathon Training Program



Course Directions-McArthur Park

- From parking lot – left on Commerce
- Right on Daisy Gatson Bates (1st street after 630 overpass)
- Right on Scott @ Villa Marre
- Left on Capitol (1.1 miles)
- Right on Cross (2 miles @ 3rd St)
- Right on Markham
- Left on Broadway – continue over the Arkansas River
- Left on West Broadway (at foot of Broadway bridge in NLR)
- Left on Karrott (3.3 miles)
- Left on Riverfront Drive (in front of US Border Patrol Bldg)
- Right at the 0 mile marker for River Trail (Olive Street)
- Stay on River Trail to mile 2, turn around – back to 0 mile marker
- Cross Riverfront Drive on Olive
- Left on Washington
- Left on Main Street Bridge (side with pedestrian walk way)
- Left on Markham (8.9 miles)
- Right on Commerce (by the poice station)
- Right on Capitol
- Left on Cumberland (No street sign-street after Rock)
- Left on 9th Street
- Right on Commerce – back to parking lot (10 miles)