

Rockwood/Kingwood Loop

8.5 miles

Leave St. Mary's, Left on Hillcrest

Right on Kavanaugh

Run up hill, cross Cantrell

Straight onto Van Buren (At Bank, Kavanaugh bears left)

Left on Hawthorne

Right on Tyler, through gate, circle drive at St. Johns

Right on Hawthorne

Right on University

Left on Palisades

Right on Greenwood

Right on Sunset

Road curves left, becomes Pine Valley Road

Right on Pine Valley (at intersection with Englewood)

Right on Rockwood

Follow Rockwood onto Timberlake (past Beltwood)

Bear left on Overlook and loop back to Beltwood

Right on Beltwood

Left on Kingwood

At intersection (stop sign), straight on Pine Valley, left on Greenwood

Right on Audubon. Becomes McKinley in front of Police Station

Left on Pine Valley at stop sign.

DO NOT RUN IN TURN LANE ON YOUR LEFT!

Becomes Kavanaugh

Cross Cantrell, continue down hill

Return to St. Mary's