

River Market Training Course

Little Rock Marathon Training Program

5 or 8 miles

- Start at Andina's
- South on Commerce
- Right on Capitol
- Left on Cumberland
- Left on 9th
- Right on Commerce
- Right on Daisy Bates
- Right on Scott
- Left on Capitol (be careful around the construction work)
- Left on Woodlane (directly in front of Capitol bldg)
- Right on 7th
- Right on Martin Luther King (run behind Capitol Bldg)
- Bear right until MLK turns into 4th...continue straight on 4th
- Left on Victory
- Right on Markham
- Markham all the way back to Andina's for five miles

- If you want to go eight miles, turn left on Broadway Bridge as you head back towards the Rivermarket on Markham
- Turn left at the bottom of the bridge on the NLR side
- Turn left on Karrot
- Turn left on Riverfront Dr
- Turn left on Olive
- Turn left on Washington – proceed back to Broadway bridge
- Turn left on Broadway Bridge
- Turn left on Markham back to Andina's

Andina's LR 16 Miler

LR Marathon Training Program

1/17/04

Clinton Blvd./Markham – Left on Cross
Right on 3rd
3rd to Markham, up Markham, right on Kavanaugh
(2 miles at DeA's School) (3.5 at Pulaski Heights Baptist Church)
(4 miles at Hillcrest Animal Hospital)
Past St. Mary's, up hill, cross Cantrell (5.1 miles)
Straight onto Van Buren (Kavanaugh bears left)
Left on Hawthorne
Right on Tyler, through gate, circle drive at St. Johns
Right on Hawthorne
Right on University
Left on Greenwood
Right on Sunset
Road curves left, becomes Pine Valley Road
Right on Pine Valley (at intersection with Englewood)
Right on Rockwood (8 miles)
Left on Beltwood
Left on Kingwood
At intersection (stop sign), straight on Pine Valley, left on Greenwood
Right on Audubon (9.3 miles). Becomes McKinley in front of Police Station
Left on Pine Valley at stop sign. Becomes Kavanaugh
Cross Cantrell, down hill
Past St. Mary's, stay on Kavanaugh to Markham
Markham to 3rd
Left on Cross
Right on Markham back to River Market