

# State Capitol Training Course

## Little Rock Marathon Training Program

3 mi / 6 mi / 8 mi

- Start on Woodlane heading west, turn right on 9<sup>th</sup>, turn right on MLK Dr., go around the Capitol building bearing right, turn right on Woodlane (doing a loop around the dome!)
- Turn left on Capitol, head towards downtown on **Capitol**
- Turn left on **Main St.**
- Turn left on **W. 2<sup>nd</sup> St.** (approx one mile)
- Turn left on **Louisiana**
- Turn right on **Capitol** and head back towards capitol building
- Turn right on **Woodlane**, another right on **W. 4<sup>th</sup>**, and one more right on **Victory** (3 mile walkers/runners finish at Victory and Capitol)
  
- Intermediate and long distance walkers/runners will proceed back up to **Woodlane**, left on **W. 4<sup>th</sup>**, right on **MLK, Jr.**, and left on **W. 3<sup>rd</sup>/Markham**, heading west towards the Ark School for the Blind.
- **W. 3<sup>rd</sup>/Markham** to **Kavanaugh**, veer right on Kavanaugh (6 mile turnaround point is at Lee & Kavanaugh)
- Proceed up Kavanaugh – another water stop fountain at Allsop Park, just past Pulaski Heights Baptist Church.
- Eight mile turnaround point is at **Kavanaugh** and **Jackson** (landmark – just as you reach Mt. St. Mary's campus)
- Head back to the capitol building and finish at Capitol and Victory

# 2004 LR Marathon Training Program

## Course Directions – State Capitol, 10/29/04



Right on Capitol  
Right on Woodlane  
Follow around to the left  
Right on MLK  
Left on 3<sup>rd</sup> - turns into Markham  
Right on Kavanaugh @ light (Pizza D'Action & Oyster Bar are on left @ light)  
Stay on Kavanaugh (Pulaski heights Baptist Church, North Pine)  
(2miles)  
Continue to N. Jackson Street (Mt. Saint Mary's)  
Turn around and go back down Kavanaugh to Light at Markham  
Left onto Markham, turns into 3<sup>rd</sup> street  
Right on MLK at light, follow around behind Capital (5.5 miles)  
Left on 7<sup>th</sup>  
Right on Martin Luther King  
Right on 16<sup>th</sup>  
Right on S. Park St. (Central High)  
Right on Daisy Gatson Bates  
Left on Martin Luther King  
Right on Capital  
Left into parking lot

## 2004 LR Marathon Training Program Course Directions – State Capitol, 10/29/04



Right on 7<sup>th</sup>

Left on Cross to Cantrell

Left on Sidewalk at Cantrell past Cathedral school – **stay on sidewalk**

Follow bike path (under overpass, parallel to Cantrell, through Jr Deputy

Left on Cottondale

Right on Riverfront Drive (10.5 @ Cedar Hill)

Turn around at entrance to 1<sup>st</sup> Murray Park (Boat Ramp) (13 miles)

Follow Riverfront Drive (15.5 @ Cedar Hill)

Left on Cottondale

Follow bike path (through Jr Deputy & parallel to Cantrell, under overpass, come up at Cathedral school)

Sidewalk on Cantrell begins past Cathedral school – **stay on sidewalk**

Right on Cross

Right on Capitol

Right into parking lot



# **2004 LR Marathon Training Program Course Directions – State Capitol, 12/11/04**



**Right on Capitol  
Right on Woodlane  
Follow around to the left  
Right on MLK  
Left on 3<sup>rd</sup> - turns into Markham  
Right on Kavanaugh @ light (Pizza D'Action & Oyster Bar are  
on left @ light)  
Stay on Kavanaugh (Pulaski heights Baptist Church, North  
Pine) (2miles)  
Continue on Kavanaugh, past Mt. Saint Mary's  
Run up hill, cross Cantrell  
Straight onto Van Buren (At Bank, Kavanaugh bears left)  
Left on Hawthorne  
Right on University  
Left on Palisades  
Right on Greenwood  
Right on Sunset (6 at end of Sunset)  
Road curves left, becomes Pine Valley Road  
Right on Pine Valley (at intersection with Englewood)  
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 (9 at Hillcrest)  
Stay on Kavanaugh, Left onto Markham  
Right on MLK, follow around to Woodlane  
Right on Woodlane  
Left on Capitol  
Into parking lot**

# State Capitol – 14 Miles

Right on Woodlane  
Right on 4<sup>th</sup> Street  
Right on Center Street  
Right on 18<sup>th</sup> Street  
Right on Gaines Street  
Left on 16<sup>th</sup> Street  
Right on Park Street  
Right on Daisy Gatson Bates Drive  
Left on Chester Street  
Left on 7<sup>th</sup> Street  
Right on Marshall Street (at light)  
Left on State Capitol  
Right on Capitol Mall  
Left on Capitol Mall to 3<sup>rd</sup> Street  
Left on 3rd - turns into Markham  
Right on Kavanaugh @ light (Oyster Bar on left)  
Right on North Cedar  
Left on Cedar Hill  
Immediate left into church parking lot – get on Allsop Park Trail  
Follow trail and road through park  
Left onto Cedar Hill  
Cross Cantrell at light  
Go over Bridge  
Left on Brookwood (soccer fields on left)  
Right on Turtle Creek  
Left on Riverfront Drive  
Go to Intersection of Rebsamen Park Road  
Turn around and return down Riverfront Drive  
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  
Right on Cross Street  
Left on 4<sup>th</sup> Street  
Right on Broadway  
Right on Capitol Avenue  
Right into parking lot

