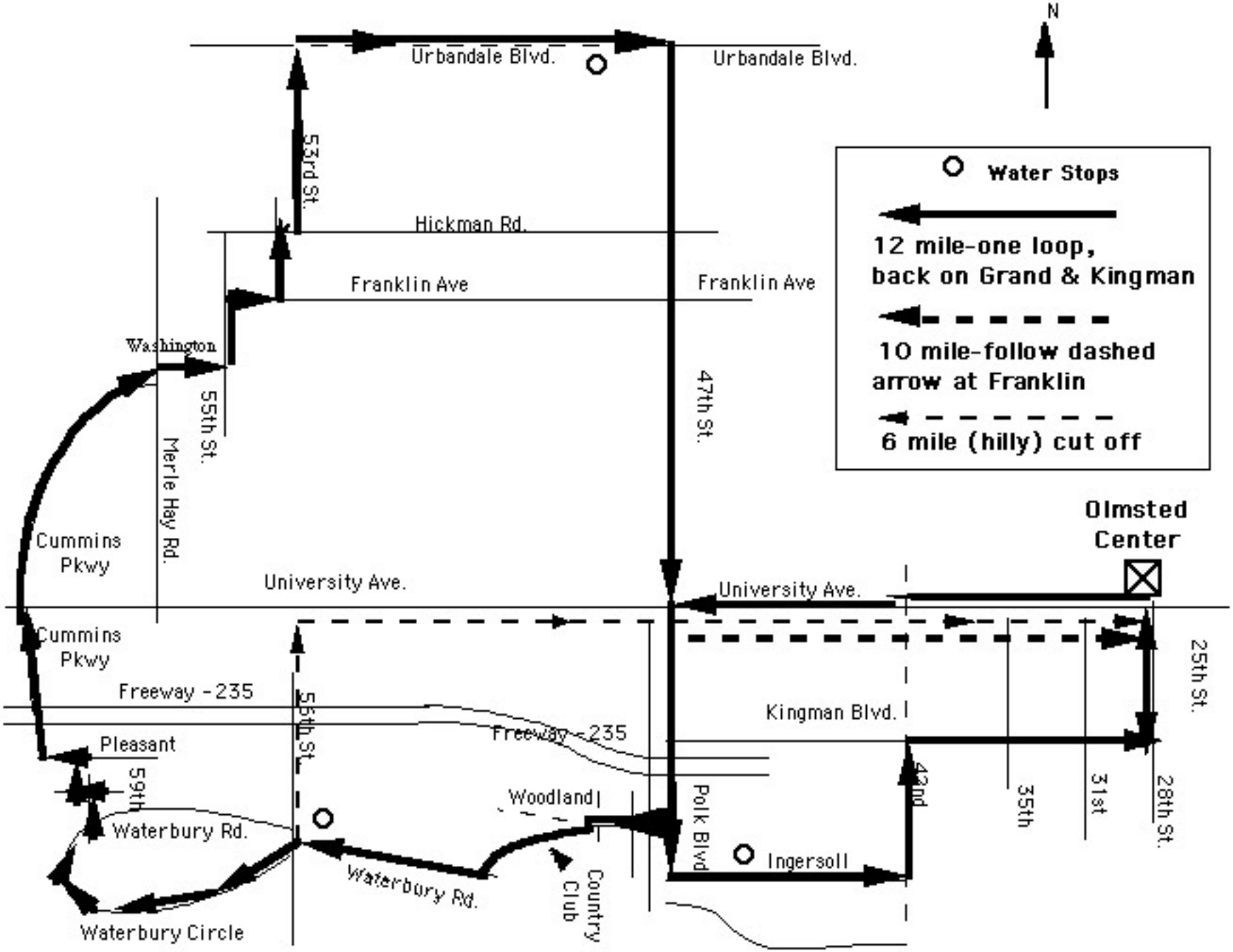
N
Urbandale Blvd.
Urbandale Blvd.
53rd St.
Hickman Rd.
Franklin Ave
Franklin Ave
Washington
55th St.
Merle Hay Rd.
47th St.
Water Stops
12 mile-one loop, back on Grand & Kingman
10 mile-follow dashed arrow at Franklin
6 mile (hilly) cut off
Olmsted Center
Cummins Pkwy
University Ave.
University Ave.
Cummins Pkwy
Freeway - 235
56th St.
Freeway - 235
Kingman Blvd.
25th St.
Pleasant
59th
Waterbury Rd.
Woodland
Polk Blvd
42nd
35th
31st
28th St.
Ingersoll
Waterbury Rd.
Country Club
Waterbury Circle