

## Rookie Runners and Walkers Training Routes

### 1-Mile Route (1.2)

Right out of OE parking lot on Silhavy

Left on McCord

Right on Boca Lago

Left on Glendale

Left on Worthington

Left on Carriage

Left on McCord

Right on Silhavy back to OE

### 2-mile Route

Right out of OE parking lot on Silhavy

Left on McCord

Right on Boca Lago

Left on Glendale

Left on Sturdy

Left on McCord

Right on Peachtree

Right on McCord

Right on Silhavy back to OE

### 3-mile Route

Right out of OE parking lot on Silhavy

Left on McCord

Run through the park coming out at the football field parking lot

Run straight until you reach Roosevelt

Turn right at Roosevelt

Left on Glendale

Right on Monticello

Left on McCord

Right on Silhavy back to OE

### 3-mile Route alternate

Right out of OE parking lot on Silhavy

Left on McCord

Right on Boca Lago

Right on Glendale

Left on Silhavy

Left into Maple Creek

Follow curves in the road around and to the left out to Worthington

Left on Worthington -- cross Glendale

Right on Peachtree -- Cross McCord

Follow Peachtree around (turns into Carriage 1/2 way around) to McCord

Right on McCord

Right on Silhavy back to OE

### 4-mile Route

Right on Silhavy

Left on Boca Lago

Right on Glendale

## Rookie Runners and Walkers Training Routes

Left on Silhavy
Left on Eisenhower
Right on Worthington
Left on Fleming
Left on Sturdy
Right on Eisenhower
Left on Crocket
Right on Glendale
Left on Monticello Park
Left on McCord
Right on Peachtree
Right on McCord
Right on Boca Lago
Left on Boca Raton
Right on McCord
Right on Silhavy back to OE

<b>5-mile Route</b>
Right on Silhavy
Left on Boca Lago
Right on Glendale
Left on Silhavy
Left on Eisenhower
Right on Worthington
Right on Fleming
Right on Pebble Beach
Left on Inverness and circle around back to Fleming
Fleming to Sturdy
Left on Sturdy
Right on Eisenhower
Left on Crocket
Right on Glendale
Left on Roosevelt
Left on McCord through TJ park
Right on Peachtree
Right on McCord
Right on Silhavy back to OE

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