| Miles | Turn | Road \& Comments | Miles | Turn | Road \& Comments |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 0 | Start | 2400 South Blvd | 7.65 | RS \#3 | Latta Park Shelter |
| . 04 | Right | South Blvd | 7.65 | RS \#3 | Latta Park Shelter |
| . 21 | Right | Remount Rd | 7.67 | Straight | E Park Ave |
| . 34 | Right | Dunavant St | 7.99 | Left | Dilworth Rd W |
| . 61 | Right | Hawkins St | 8.03 | Right | Dilworth Rd E |
| . 94 | Right | W Tremont Ave | 8.29 | Left | East Blvd |
| 1.02 | Left | Camden Rd | 8.68 | Right | Cumberland Ave |
| 1.48 | Right | S Tryon St | 9.36 | Left | Onto Lilac Rd |
| 1.8 | Left | W Carson Blvd | 9.58 | Left | Forest Park Dr |
| 2.07 | Right | S Mint St | 9.8 | Left | Princeton Ave |
| 2.62 | Right | W 3rd St | 9.8 | RS \#4 | Exit to Freedom Park at Princeton Ave |
| 2.68 | RS \#1 | Romare Bearden Park @ W. 3rd St \& Mint St | 10.06 | Right | Jameston Ave |
| 2.84 | Left | S Tryon St | 10.3 | Right | Irby Dr |
| 3.29 | Right | E 7th St | 10.41 | Right | Westfield Rd |
| 3.53 | Right | N Brevard St | 10.72 | Right \& Left | at Tranquil Ave to stay on Westfield Rd |
| 3.65 | Left | E 5th St | 11.05 | Right | Brandywine Rd |
| 3.68 | Right | N Caldwell St | 11.16 | Right | E Woodlawn Rd |
| 3.71 | Right | S Trade St | 11.37 | Left \& Cross | at Stoplight onto Heather Lane (Restrooms at Wendy's |
| 3.74 | Left | S Brevard St | 12.24 | Right | onto Jersey Lane |
| 4.22 | Left | E Stonewall St | 12.41 | Cross | Paddock Circle and Jersey Lane becomes Little Hope Road |
| 4.32 | Left | S Caldwell St | 12.72 | Left | Marsh Rd \& cross to RR \#5 |
| 4.73 | Right | E Trade St | 12.79 | RS \#5 | EB Moore Park Shelter |
| 5.19 | Right | Kings Dr | 12.8 | Right | Marsh Rd |
| 5.54 | Right | Charlottetowne Ave | 13.38 | Right | Sedgefield Rd |
| 5.62 | Right | Wendy's Parking Lot | 13.46 | Left | Dorchester Pl |
| 5.62 | RS \#2 | Little Sugar Creek Greenway @ PetCo or Wendy's off Charlottetowne Ave | 13.63 | Left | Poindexter Dr |
| 5.77 | Straight | at Light Signal onto Metropolitan Ave | 13.74 | Right | Elmhurst Rd |
| 6.04 | Right | S Kings Dr | 13.87 | U-Turn | Dead End of Elmhurst Rd |
| 6.48 | Right | E Morehead St |  |  | Walkers walk the outside perimeter of Sedgefield Park and |
| 6.58 | Left | Harding Pl |  |  | exit on Elmhurst Rd back to Poindexter Dr |
| 6.67 |  | Harding Pl becomes Romany Rd | 14.0 | Right | Poindexter Dr |
| 7.5 | Left | Myrtle Ave | 14.43 | Right | South Blvd |
| 7.53 | Left | E Park Ave | 14.72 | Finish | 2400 South Blvd |

