

## **EHS Community Runs – Week 7 (Tuesday, July 24)**

### A Route – 3.05 miles

1 Water Stop at Service Rd.

- Start on the Winston Brown Track
- Turn right onto the MCT Nature trail towards Esic Drive (0.1 miles)
- Turn left towards the MCT Goshen Trail (1.1 miles)
- Turn right onto the MCT Goshen Trail (1.15 miles)
- Keep right to take the MCT Nickel Plate Trail towards Glen Carbon (1.2 miles)
- Turn around at the A-Route Turnaround (1.5 miles)
- Turn left on the MCT Nature trail (2.85 miles)
- Finish at the Winston Brown Track

### B Route – 5.0 miles

1 Water Stop at Township Park trailhead

- Start on the Winston Brown Track
- Turn right onto the MCT Nature trail towards Esic Drive (0.1 miles)
- Turn left towards the MCT Goshen Trail (1.1 miles)
- Turn right onto the MCT Goshen Trail (1.15 miles)
- Keep right to take the MCT Nickel Plate Trail towards Glen Carbon (1.2 miles)
- Turn around at the B-Route Turnaround (2.5 miles)
- Turn left on the MCT Nature trail (3.85 miles)
- Finish at the Winston Brown Track

### C Route – 8.02 miles

1 Water Stop at Township Park trailhead

1 Water Stop on Nickel Plate trail at 3.4 miles/4.6 miles

- Start on the Winston Brown Track
- Turn right onto the MCT Nature trail towards Esic Drive (0.1 miles)
- Turn left towards the MCT Goshen Trail (1.1 miles)
- Turn right onto the MCT Goshen Trail (1.15 miles)
- Keep right to take the MCT Nickel Plate Trail towards Glen Carbon (1.2 miles)
- Turn around at the C-Route Turnaround (4.0 miles)
- Turn left on the MCT Nature trail (6.85 miles)
- Finish at the Winston Brown Track