

## **EHS Community Runs - Week 1 Directions (Tuesday, June 12)**

### **A Route – 3.30 miles**

#### **1 water stop @ ~ 2.1 miles**

- Start on the Winston Brown Track
- Turn right onto the MCT Nature trail towards Esic Drive (0.1 miles)
- Turn left onto the MCT Goshen trail (1.1 miles)
- Turn left at water stop #1 towards Esic Drive and follow sidewalk on left side of Esic (2.1 miles)
- Turn right onto MCT Nature trail towards EHS (2.9 miles)
- Finish returning to the Winston Brown Track

### **B Route – 5.04 miles**

#### **1 water stop @ ~2.1 miles/4 miles**

- Start on the Winston Brown Track
- Turn right onto the MCT Nature trail towards Esic Drive (0.1 miles)
- Turn left onto the MCT Goshen trail (1.1 miles)
- Continue past water stop (2.1 miles)
- Turn around at New Poag Road overpass (3.0 miles)
- Turn right at water stop #1 towards Esic Drive and follow sidewalk on left side of Esic (4.0 miles)
- Turn right onto MCT Nature trail towards EHS (4.7 miles)
- Finish returning to the Winston Brown Track

### **C Route – 7.68 miles**

#### **1 water stop @ ~2.1 miles/5.7miles**

#### **1 water stop @ ~ 4 miles**

- Start on the Winston Brown Track
- Turn right onto the MCT Nature trail towards Esic Drive (0.1 miles)
- Turn left onto the MCT Goshen trail (1.1 miles)
- Continue past water stop #1 (2.1 miles)
- Turn right on MCT Watershed trail (3.5 miles)
- Continue past water stop #2 remaining on MCT Watershed trail (3.9 miles)
- Turn right on W Union St. following sidewalk on left side of W Union (4.5 miles)
- Turn left on St. Louis Street and follow sidewalk on left side of St. Louis Street (4.8 miles)
- Turn right onto West St./157 towards Lincoln MS and follow sidewalk on left side of street (4.9 miles)
- Turn left towards Esic Drive and water stop #1 (5.6 miles)
- Turn left onto MCT Goshen Trail (5.7 miles)
- Turn right onto MCT Nature trail (6.6 miles)
- Finish returning to the Winston Brown Track