### Walking/Running Distance Map

#### 1.0 miles
Start at LFC - turn left on Middle Rd - turn right on 23rd St - get on the bike path right before the bridge - follow bike path to the lagoon shelter - cut through the grass to the road/parking lot across from LFC - Finish at LFC

#### 2.1 miles
Start at LFC - turn left on Middle Rd - turn right on 23rd St - get on the bike path right before the bridge - head past the lagoon - stay on the bike path until you come to the Middle Rd bridge - go under the bridge and take the ramp up to the road - follow Middle Rd back to LFC - Finish at LFC

#### 3.5 miles
Start at LFC - turn left on Middle Rd - turn right on 23rd St - cross over the bridge and take a left on to the bike path - follow the bike path to the Devils Glen Rd Bridge - turn around at the bridge and follow the path back to 23rd St - cross over the bridge and get back on the bike path - follow the bike path to the lagoon shelter - cut through the grass to the road/parking lot across from LFC - Finish at LFC

#### 4.7 miles
Start at LFC - turn left on Middle Rd - turn right on 23rd St - cross over the bridge and take a left on to the bike path - follow the bike path to the Devils Glen Rd Bridge - turn around at the bridge and follow the path back to 23rd St - cross over the bridge and get back on the bike path - head past the lagoon - stay on the bike path until you come to the Middle Rd bridge - go under the bridge and take the ramp up to the road - follow Middle Rd back to LFC - Finish at LFC
Individual Distances

.54 miles  Start LFC – Left on Middle Rd – turn right on 23rd St – End on 23rd St bridge at bike path

.15 miles  Start 23rd St Bridge bike path – End at Lagoon Shelter

.86 miles  Start Lagoon Shelter – End at Middle Rd bridge

.55 miles  Start at Middle Rd bridge – Follow Middle Rd – End at LFC

.28 miles  Start LFC – cut through parking lot and grass down to Lagoon – End at Lagoon Shelter

.73 miles  Start at bike path just after 23rd St bridge – follow bike path – End Hollowview Park Turnaround

.55 miles  Start at Hollowview Park Turnaround – End at Devils Glen Rd Bridge

.25 miles  Sidewalk around the Middle Park lagoon (4 laps ➔ mile)