

ROANOKE STRIDERS - WALKING AND RUNNING COURSES

APPROXIMATE DISTANCE	COURSE
1.0 MILE	CORNER OF VINE & MAIN, OUT MAIN TO 850 AND RETURN
1.5 MILES	ZENT COMMONS TO ROANOKE VILLAGE, THROUGH THE LOOP AND RETURN TO ZENT COMMONS.
2.0 MILES	ZENT COMMONS UP MAIN STREET TOWARD FORT WAYNE, TAKE ROANOKE ROAD TO 1000N, TURNAROUND AND RETURN TO ZENT COMMONS.
3.0 MILES	ZENT COMMONS OUT ROANOKE ROAD WEST TO OLD HOTEL ON RIGHT SIDE OF ROAD, TURNAROUND AND RETURN TO ZENT COMMONS.
3.0 MILES	ZENT COMMONS TO VINE & MAIN, GO RIGHT ON VINE, GO TO 300E GO RIGHT TO 950N GO RIGHT TO SEMINARY GO RIGHT TO SECOND GO LEFT TO MAIN GO RIGHT AND RETURN TO ZENT COMMONS. (HILLY COURSE)
3.2 MILES	ZENT COMMONS OUT ROANOKE ROAD TO 850N, GO RIGHT UP TO 300E GO RIGHT TO 900N GO RIGHT TO MAIN AND TURN LEFT AND RETURN TO FITNESS CENTER. (MILD HILLS UNTIL END - WATCH FOR TRAFFIC)
4.0 MILES	ZENT COMMONS OUT ROANOKE ROAD WEST TO HWY 24, TURNAROUND JUST PAST ARLINGTON HEIGHTS AND RETURN TO ZENT COMMONS.