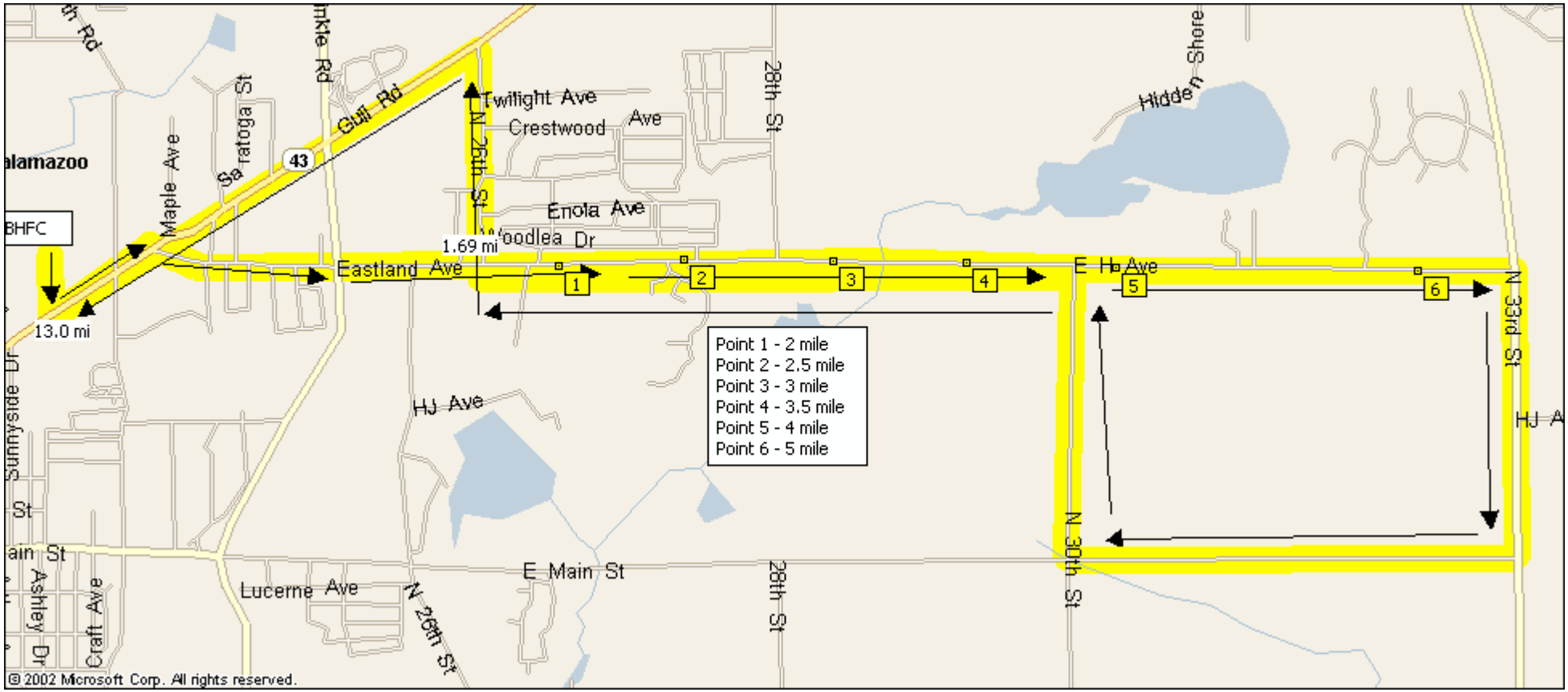
BHFC 4, 5, 6, 7, 8, 10 and 13 mile
(Note – this is a very busy course)

Start at Borgess Health and Fitness Center sign
Run south to Gull Rd
Turn left to Eastland Ave (Family Video corner)
Turn right onto Eastland (also called H Ave)
Follow H Ave to
Point 1 turnaround – 4 miles
Point 2 turnaround – 5 miles
Point 3 turnaround – 6 miles
Point 4 turnaround – 7 miles
Point 5 turnaround – 8 miles
Point 6 turnaround – 10 miles
Turn right onto 33rd to E. Main to 30th
Turn right onto 30th to H
Turn left onto H Ave to 26th
Turn right onto 26 to Gull Rd.
Turn left on Gull Rd back to BHFC