



BHFC 4, 5, 7, 9 and 12 mile to F Ave

Start at Borgess Health and Fitness Center sign

Run east to Nazareth Rd.

Left on Nazareth to G Ave

Right on G to 24th (4 mile turnaround)

Left on 24th to FG Ave

Right on FG to Sprinkle (5 mile turnaround on FG)

Left on Sprinkle to F Ave

Right on F to 28th (7 and 9 mile turnarounds on F)

Left on 28th to Bridle Trail (12 mile turnaround)

