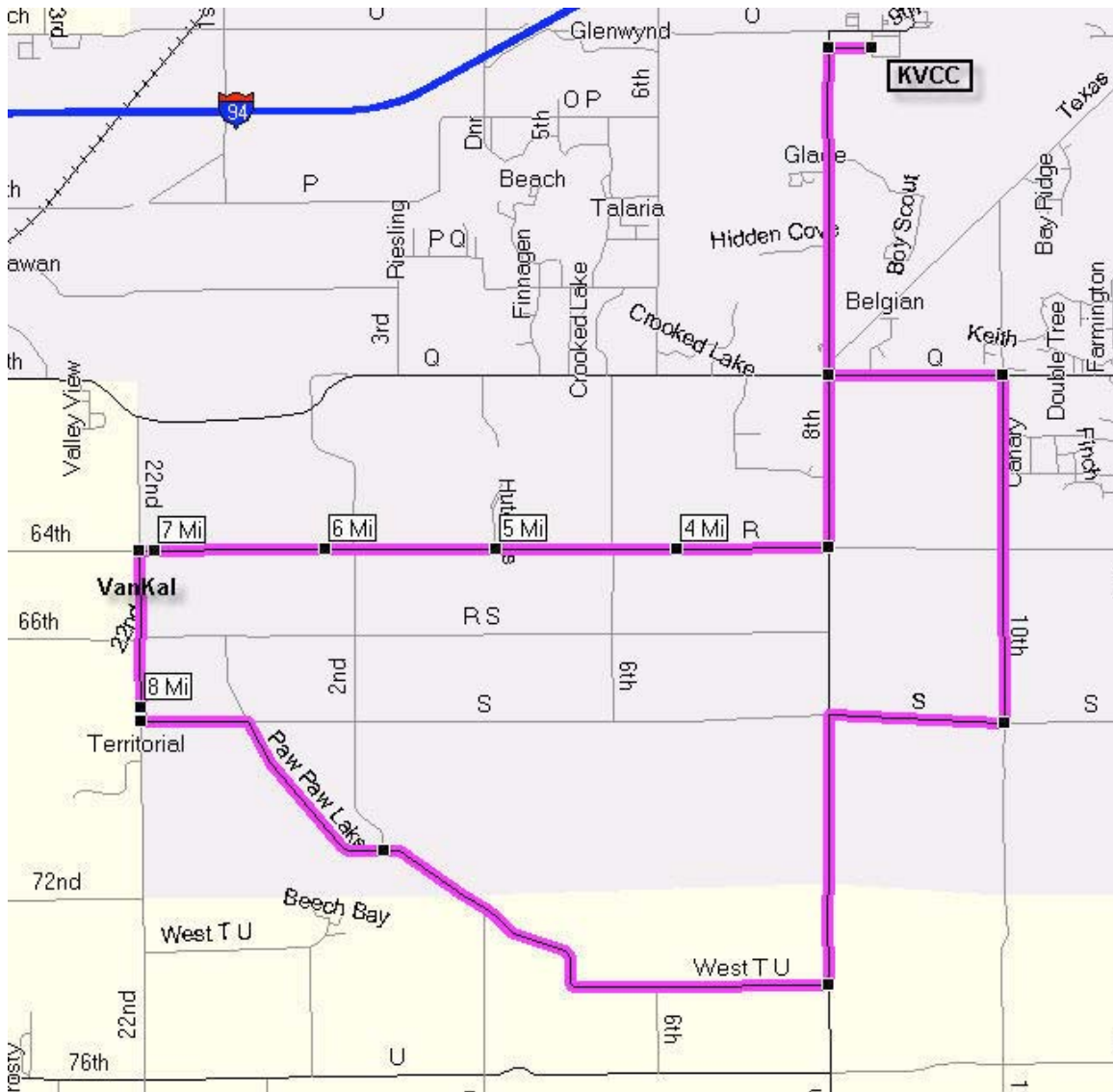


KVCC 20 and 10 mile



	instructions	distance	Leg distance
1.	KVCC	0 ft	
2.	Lt on S8thSt	0.258 mi	0.258 mi
3.	Cross WQ Ave	2.15 mi	1.89 mi
4.	Rt on W R Ave **	3.15 mi	0 ft
5.	Lt on VanKal	7.15 mi	4.00 mi
6.	Lt onto S		
1.	Rt onto PawPaw Lake Dr	8.76 mi	0.623 mi
2.	Cross S 2ndSt	9.93 mi	1.16 mi
3.	Turns East to W TU Ave	12.9 mi	2.93 mi
4.	Lt onto S. 8th		
5.	Rt onto W S Ave	14.4 mi	1.57 mi
6.	Lt onto S 10 th St	15.4 mi	1.02 mi
7.	Lt onto W Q Ave	17.5 mi	2.02 mi
8.	Rt onto S 8th St	18.5 mi	1.00 mi
9.	Rt into KVCC	20.4 mi	1.89 mi

** 10 milers turn around _ mile past intersection of R & 6th Street and go back the way you came