

North Medford Club 5 Mile Road Race

S. Hamilton – Roads and trails

September

Start at intersection of Maple Ave and Asbury Ave in Asbury Grove

(L) Arbor St. towards Ipswich

Arbor St. becomes Highland Street at the gas station.

Continue straight on Highland Ave. – Keep to the right in the bike lane.

1 mile – about 50 yards downhill from house # _____ Asbury Street. 3 paces before pole # 709 at large tree.

(L) into path of Bradley Palmer

2 miles at tree 100 yards before the street

Cross paved street – marker #61

Continue on path uphill for 200 yards

At marker # 54, continue straight

Sharp (L) at marker # 45

(L) at end of path to marker # 54 to complete the loop

(R) Downhill for 200 yards

Cross paved street

3 miles – 8 paces from cement posts at start of path – 3 paces from large tree on left

Follow path straight to street

(R) onto Highland Street

4 miles about 20 yards after yellow blinking caution light on left side – 100 yards after driveway to #468 Highland Ave.

(R) over lawn at entrance to Grove

Through arch of Asbury Grove

(R) Essex Ave.

Finish at driveway of 2 Essex Ave.

September 2007