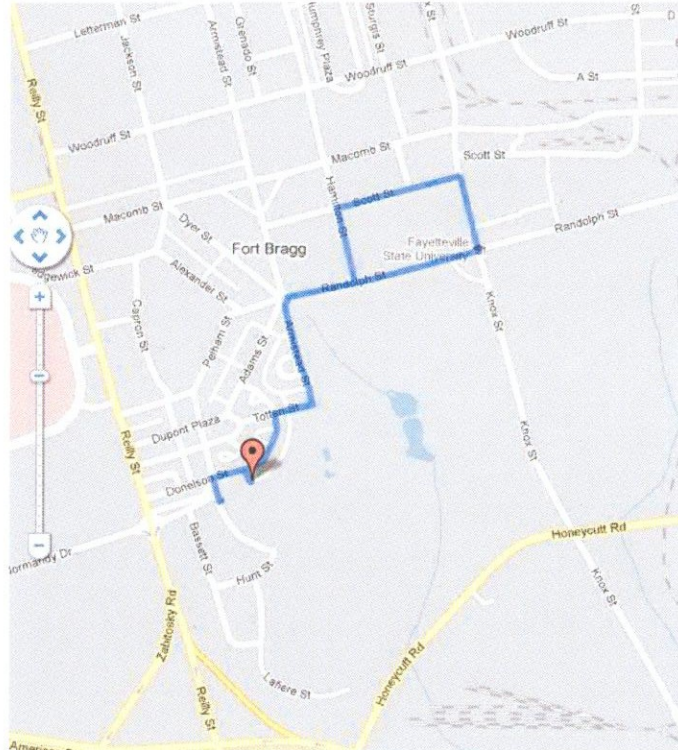


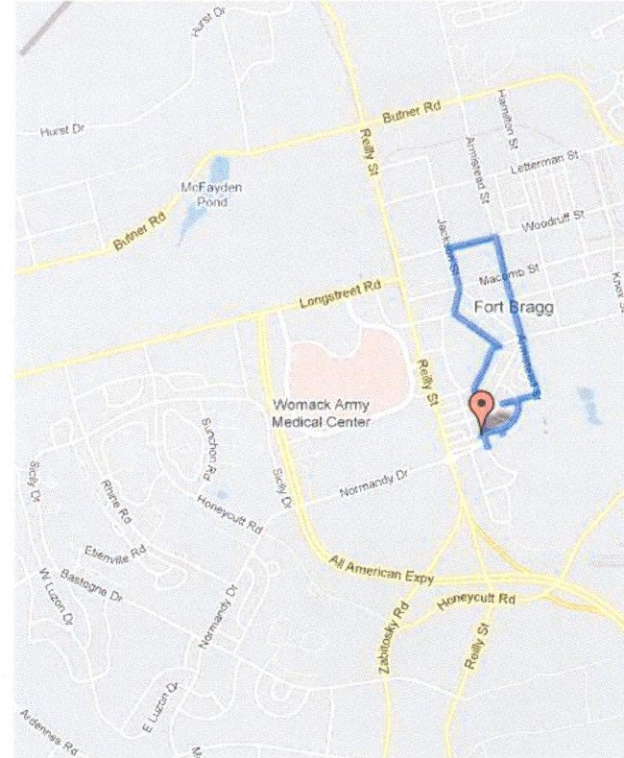
2-mile run from Ryder Gym Start/end at Ryder



Rt on Normandy, cross Totten St, Rt on Armistead St

,Rt on Randolph, go around outside of Polo Field

Same route back to Ryder



Rt on Normady, cross Totten, Lt on Armistead St, Lt

on Woodruff St Lt on Jackson all the way back to Ryder