

Where You Have the Right to B - FIT

Fitness Sports.com

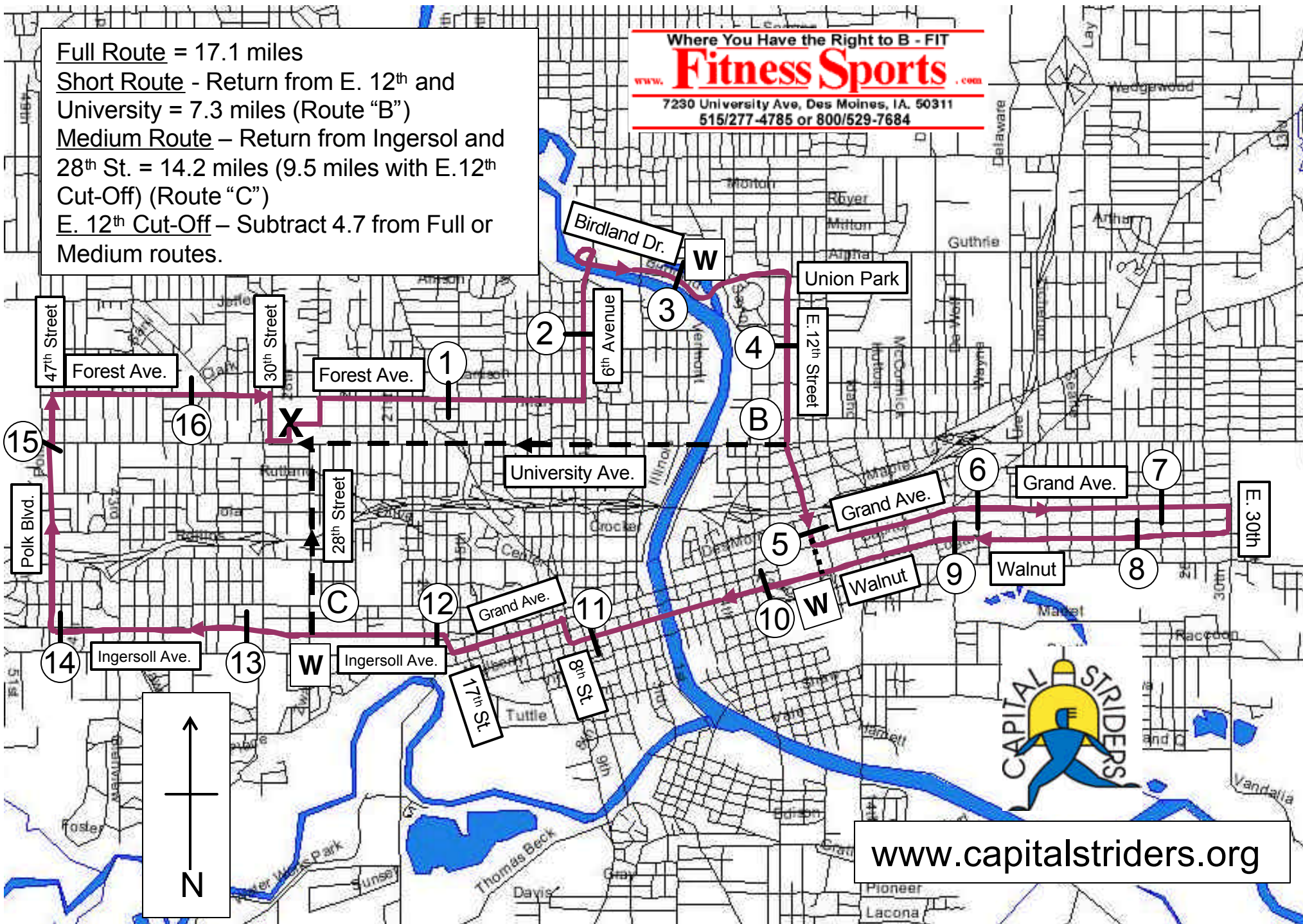
7230 University Ave, Des Moines, IA. 50311
515/277-4785 or 800/529-7684

Full Route = 17.1 miles

Short Route - Return from E. 12th and University = 7.3 miles (Route "B")

Medium Route - Return from Ingersoll and 28th St. = 14.2 miles (9.5 miles with E. 12th Cut-Off) (Route "C")

E. 12th Cut-Off - Subtract 4.7 from Full or Medium routes.



www.capitalstriders.org