

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 = 12.1 miles  
Return from Ingersoll Ave. & 28<sup>th</sup> St. = 4.8 miles (Route "B")  
Return from Ingersoll Ave. & 42<sup>nd</sup> St. = 6.7 miles (Route "C")

