



Urbandale Blvd.

Hickman Rd.

Franklin Ave

Washington

Cummins Pkwy

Merle Hay Rd.

47th St.

University Ave.

Where You Have the Right to B - FIT

**FitnessSports**

www.fitnesssports.com  
6810 Swainson Blvd, Clive, IA 50325  
515/277-4785, Fax 515/277-3854 or 800/529-7684

**Water Stops**

10.5 mile-one loop & back

7.2 mile-one loop & back

4 mile-turn around at first water stop

25th St.

28th St.

31st

35th

42nd

Polk Blvd.



Freeway - 235

Woodland

Country Club

Waterbury Rd.

55th St.

Freeway - 235

Pleasant

59th

Waterbury Rd.

Waterbury Circle

Meredith Hall



Kingman Blvd.

Ingersoll