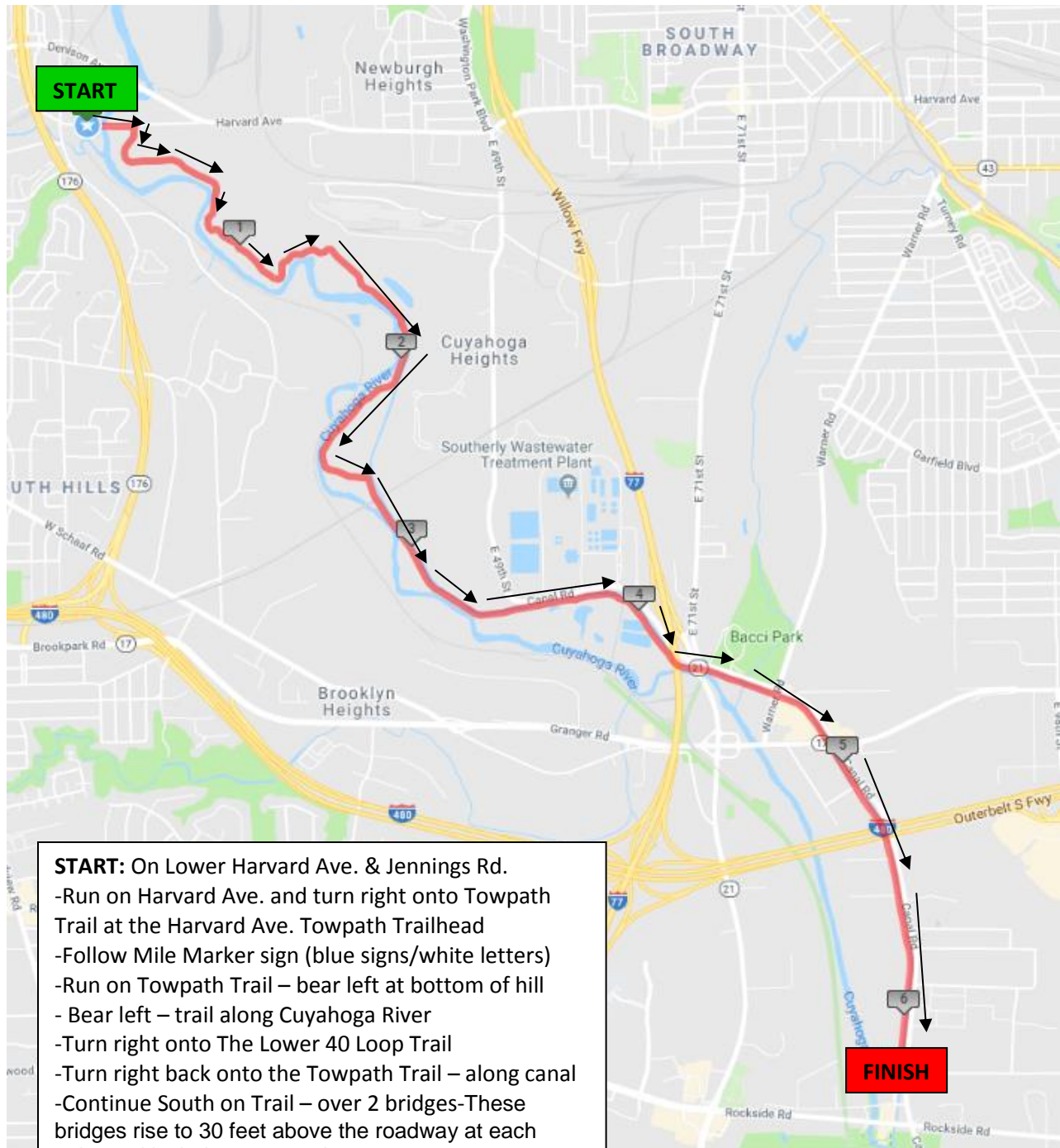


TOWPATH 10K - METROPARKS



START: On Lower Harvard Ave. & Jennings Rd.
-Run on Harvard Ave. and turn right onto Towpath Trail at the Harvard Ave. Towpath Trailhead
-Follow Mile Marker sign (blue signs/white letters)
-Run on Towpath Trail – bear left at bottom of hill
- Bear left – trail along Cuyahoga River
-Turn right onto The Lower 40 Loop Trail
-Turn right back onto the Towpath Trail – along canal
-Continue South on Trail – over 2 bridges-These bridges rise to 30 feet above the roadway at each point and include a 7% grade.
- Continue on Towpath Trail – cross West Canal into Finish Line (Cuyahoga County – Department of Public Works)