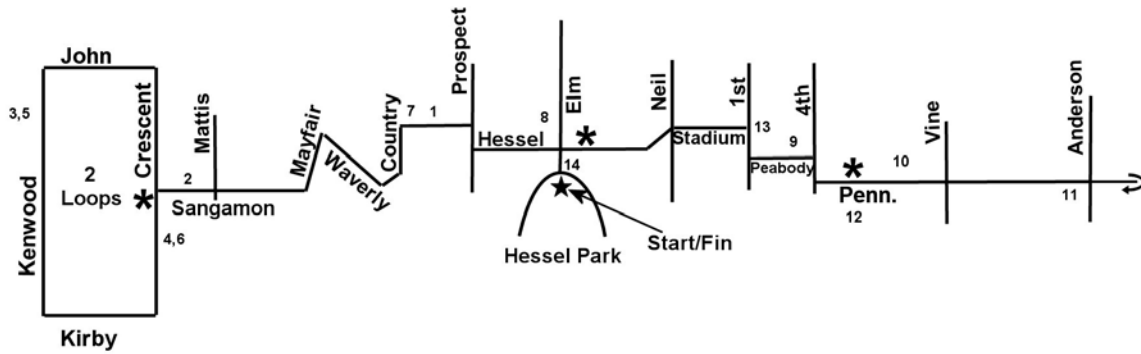


Hessel Park 14-Miler Second Wind Marathon Training



*** Stars indicate aid stations ***

-Start at Hessel Park (pavilion on Elm)
 L Hessel
 R Prospect
 L Armory
 L Country
 R Waverly
 L Mayfair
 R Sangamon
 Do 2 loops of Centennial Park
 R Sangamon
 L Maifair
 R Waverly
 L Country
 R Armory

R Prospect
 L Hessel
 Pass by Hessel Park (Elm)
 Cross Neil, on to Stadium Dr.
 R 1st
 L Peabody
 R 4th
 L Pennsylvania
 Stay on Pennsylvania until Andersen
 TURN AROUND AT ANDERSON,
 back to Hessel via same route.
 End at Hessel Park (for honest 14 miles,
 run to Kirby)