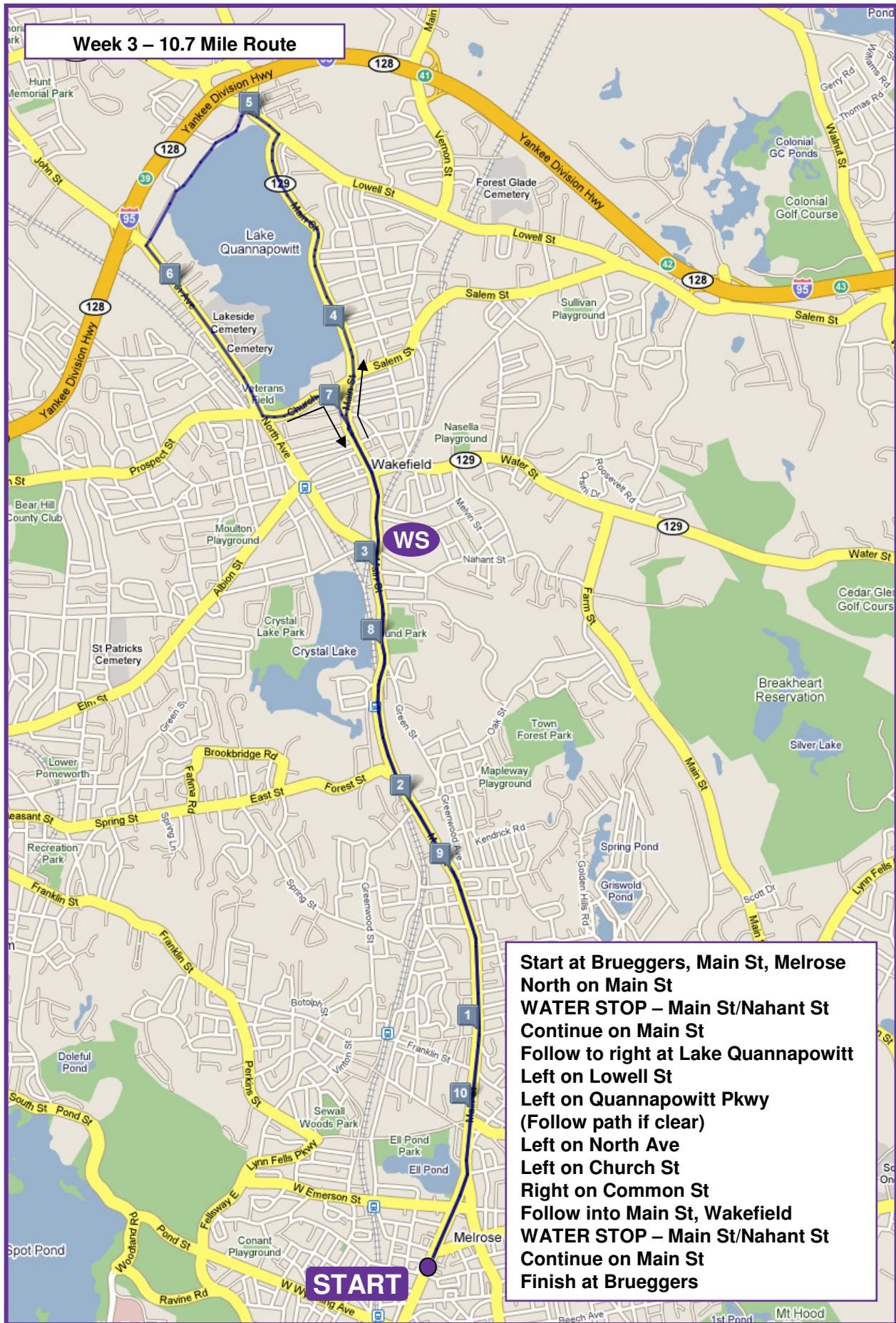


**Week 3 – 10.7 Mile Route**



**Start at Brueggers, Main St, Melrose**  
**North on Main St**  
**WATER STOP – Main St/Nahant St**  
**Continue on Main St**  
**Follow to right at Lake Quannapowitt**  
**Left on Lowell St**  
**Left on Quannapowitt Pkwy**  
**(Follow path if clear)**  
**Left on North Ave**  
**Left on Church St**  
**Right on Common St**  
**Follow into Main St, Wakefield**  
**WATER STOP – Main St/Nahant St**  
**Continue on Main St**  
**Finish at Brueggers**