

Week 4 – 7.1 Mile Route

START

WS

**Start at Brueggers, Main St, Melrose
 North on Main St
 Left on Melrose St
 Left on LynnFells Pkwy
 (do not loop Ell Pond)
 Continue straight on Fellsway East
 Right on Highland Ave
WATER STOP
 Continue straight on Woodland Rd
 Right on Pond
 Continue on W Wyoming Ave
 Left on Main St, Melrose
 Finish at Brueggers**

**Add 1.3 Miles - - - -
 Loop Ell Pond
 Left on Tremont St
 Left on Lake Ave
 Left on W Emerson
 Left on Main St
 Left on Melrose
 Left on LynnFells Pkwy**

