

## Week 4 – 7.1 Mile Route

**START**

**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**

