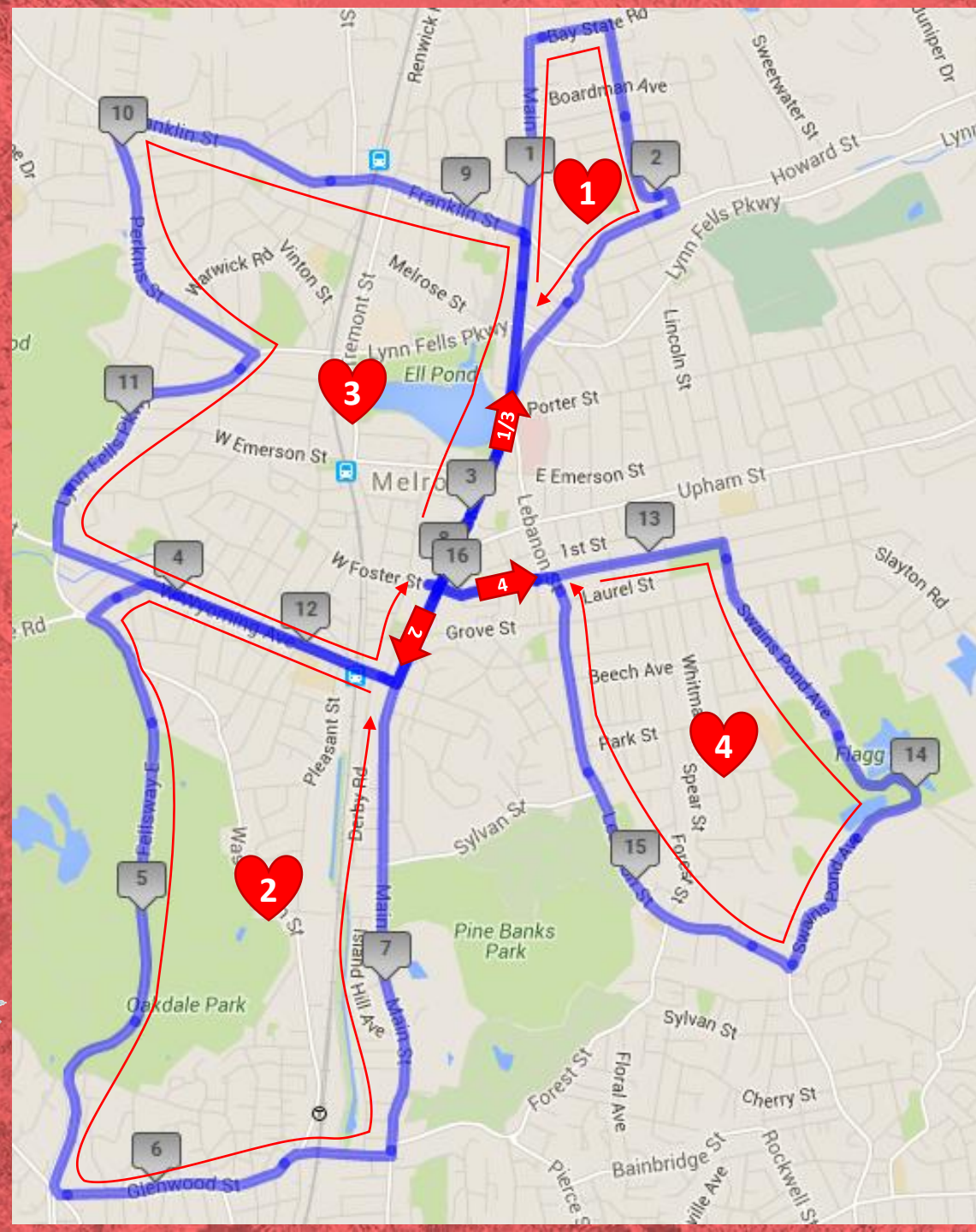


Frozen Valentine Sunday Long Run



"The cold never bothered me anyway"



Multiple Loop Route with Indoor Water Stop

- Loop 1 [Horace Mann Loop]:
- Head North on Main Street
 - Right on Baystate Road
 - Right on Damon Avenue
 - Follow Damon Ave past Horace Mann School
 - Right on Cochrane Street
 - Right on Howard Street
 - Merge left on to Green Street
 - Merge left on to Main Street and return to KofC
- Loop 2 [Oak Grove Loop]
- Continue south on Main Street
 - Right on West Wyoming Avenue
 - Left on Ravine Road
 - Left on the Fellsway East
 - Left at Highland Avenue Traffic Circle
 - Quick right on to Glenwood Street
 - Cross at set of lights to cross over tracks at Oak Grove T Stop
 - Continue on Winter Street to Citizens Bank
 - Left on Main Street and return to KofC
- Loop 3 [Franklin Square Loop]
- Continue north on Main Street
 - Left at Franklin Street
 - Left on Perkins Street
 - Right on LynnFells Parkway
 - Left on West Wyoming Avenue
 - Left on Main Street and return to KofC
- Loop 4 [Swains Pond Loop]
- Cross Main to East Foster Street
 - Follow to Melrose Common
 - Right on 6th Street which becomes Swains Pond Avenue
 - Right at Turners Pond to follow Swains Pond Avenue
 - Right at In&Out Convenience Store on to Lebanon Street
 - Follow Lebanon Street to left on East Foster Street
 - Continue across Main Street and finish at KofC