

7 mile

Left out of parking lot on All American Way. Go to stop sign, Cornell, turn right. Follow Cornell across Rural (becomes Southshore Dr) and continue to McClintock, turn right. Take McClintock south across Guadelupe to the canal, turn right. Go to Rural Rd, turn left. South on Rural to Elliot, turn right. Go to path on west side of golf course, turn right. Follow path to canal and turn left, continue on canal path and return to Kiwanis Park.

4 mile

Right out of parking lot onto All America Way. At parking lot veer onto canal path and go left. Cross Guadelupe and follow canal East to Rural Rd, turn left. Run North past Guadelupe and turn left on Westchester Dr, Go to College, turn right. Go to Cornell and turn left to College, turn right. Go to Tulane, turn left. Cross Mill and turn right onto Kiwanis Lake path. Run North and follow path around lake, returning to All American Way and parking lot.