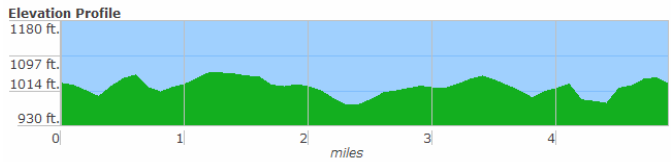
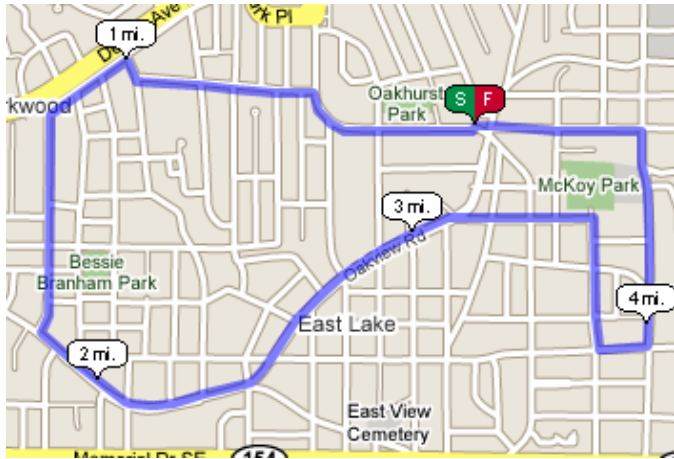


# Route 13

## From One Step at a Time

| Miles | Direction  |
|-------|--|
|       | <b>West on East Lake</b>                               |
| .47   | <b>Left on Johnston</b>                                |
|       | Continue on Wisteria                                   |
| .95   | <b>Right on Rocky Ford</b>                             |
| 1.00  | <b>Left on College Av</b>                              |
| 1.24  | <b>Left on Howard St</b>                               |
| 1.81  | <b>Left on Hosea Williams Dr</b>                       |
| 1.93  | <b>Right fork to Oakview Rd</b>                        |
|       | Stay on Oakview Rd                                     |
| 3.04  | <b>Right on Spring St</b>                              |
| 3.48  | <b>Right on Adams St</b>                               |
| 3.59  | <b>Cross over Pharr Rd and onto Daniel Av</b>          |
| 3.79  | <b>Left on Hosea Williams Dr</b>                       |
| 3.90  | <b>Left on Spence Av which turns into McDonough St</b> |
| 4.44  | <b>Left on W Hill St</b>                               |
| 4.93  | <b>Finish at One Step at a Time</b>                    |
|       |  |
|       |  |
|       |  |
|       |  |



Total climb: 272 feet / 83 m  
 Total elevation change: 545 feet / 166 m

<http://www.usatf.org/routes/view.asp?rID=160400>