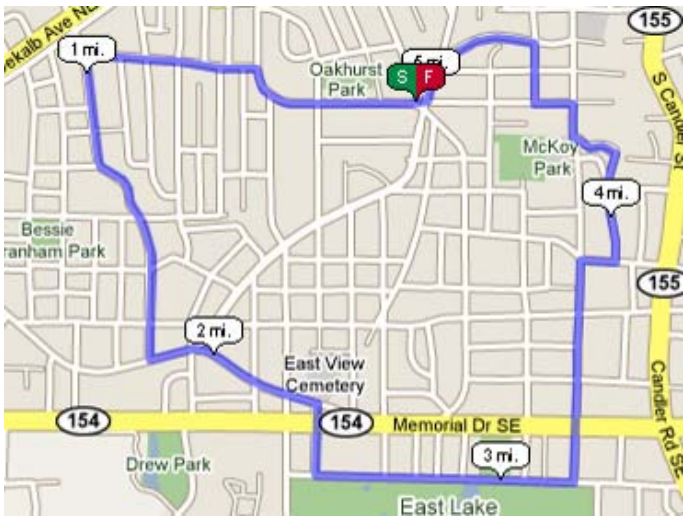
Route 7

From One Step at a Time

Miles	Direction
	Go West on East Lake
.47	Turn left on Johnston
	Continue on Wisteria
.95	Turn left on Rocky Ford
1.70	Turn left on Oakview
1.82	Turn right on Cottage Grove
2.31	Turn right on 3rd
2.50	Turn left on Alston
3.19	Turn left on Spence
3.79	Turn right on Pharr
3.88	Turn left on Garland
4.11	Stay to the right on Garland
4.30	Turn right on S McDonough
4.39	Turn left on W Hill
4.50	Turn right on Adams
4.66	Turn left on Oakview
5.06	Finish at One Step at a Time



Total climb: 344 feet / 105 m
Total elevation change: 692 feet / 211 m

http://www.usatf.org/routes/view.asp?rID=114780