DIRECTIONS:  
Begin at Estabrook Park (south parking lot) and head north through the park trails to Hampton. Turn east onto Hampton and follow until you reach Lake Drive. Head south on Lake Drive until you reach the intersection with Lincoln Memorial Drive (near Kenwood Blvd), then continue along the lakefront until you just pass McKinley Park (across from Alterra). At this point, head west and up the stairs to the NW of Alterra to reach the access point to the Oak Leaf trail. Run north on the Oak Leaf trail until you reach the start point back at Estabrook Park.

NOTES: The above directions are for the full 10 miles. Runners can turn around at any mile marker (circles on map) they choose to get in runs anywhere between 1 and 10 miles. View the actual mapmyrun.com course at: http://www.mapmyrun.com/routes/fullscreen/28299180/

MEET-UP POINT:  
Enter Estabrook Park from Capitol Drive and go .25 miles north to the first parking lot (it’s the second driveway to the right).