DIRECTIONS:
Begin at Estabrook Park (south parking lot) and head north through the park trails to Hampton. Turn north onto Lydell, then east onto Silver Spring before heading north on Santa Monica. If continuing, turn east onto Green Tree, then south onto Lake Drive. Next, turn west onto Silver Spring, and then south onto Santa Monica. At the south side of the intersection with Santa Monica and Hampton is an entry onto the Oak Leaf trail. The first portion is unpaved and runs along an old set of train tracks. Continue on that path for about a quarter mile before finishing on the paved portion of the trail. The above directions are for the full 9 miles.

NOTES:  Runners can turn around at any mile marker they choose to get in runs anywhere between 1 and 9 miles. View the actual mapmyrun.com course at: http://www.mapmyrun.com/routes/fullscreen/77179864/

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).