

Nutri-run 20K course  
Turn by turn directions

<b>At about (mi)</b>	<b>Direction</b>
<b>0</b>	Head north in chapel lot
<b>0.17</b>	Head east in chapel lot
<b>0.2</b>	Head south in chapel lot
<b>0.32</b>	Turn left onto Aboite trail, head east
<b>2.75</b>	Turn left onto Covington Woods Boulevard, head north
<b>2.83</b>	Turn right onto Windsong Court, head east, then north
<b>2.98</b>	Turn right onto Stage Coach Drive, head east
<b>3.11</b>	Turn right onto Bluewater Trail, head south
<b>3.31</b>	Turn left onto Aboite trail, head east
<b>3.95</b>	Turn left onto Ladue Lane, head north
<b>4.75</b>	Keep left at island to stay on Inverness Lakes Drive.
<b>4.8</b>	Turn left on the walkway by Hadley Road, head north
<b>4.87</b>	Turn left onto Ridge Knoll Drive.
<b>5.07</b>	Bear right around sharp turn onto Wood Moor Drive, head north
<b>5.63</b>	Turn left onto Aboite trail, head west
<b>7.42</b>	Bear left around turn at Scott Road on Aboite trail, head south
<b>8.42</b>	Turn right onto Aboite Trail at Scott & Covington Road, head west
<b>8.97</b>	Turn right onto Sycamore Hills Drive, head north
<b>10.72</b>	Turn right onto Whittingham Lane, head northwest
<b>10.92</b>	Turn right onto Sycamore Hills Parkway, head southwest
<b>11.13</b>	Turn right onto Braemar Drive, head southwest
<b>11.84</b>	Turn right onto Aboite Trail, head west
<b>12.24</b>	Turn right into chapel lot
<b>12.29</b>	Turn left at first road in chapel lot
<b>12.35</b>	Head west toward finish line
<b>12.4</b>	Turn right in chapel lot and cross finish line
<b>12.42</b>	Finish Line

