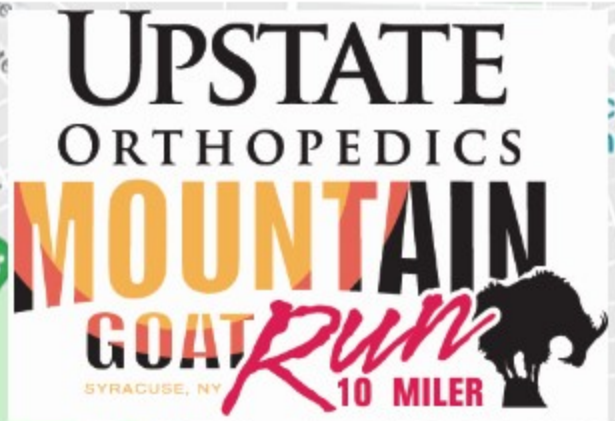


Mountain Goat Training Runs #2 & #4 7.3 Miles



- START AT THE MOST:
1. R. on Clinton St.
 2. R. on W. Onondaga St.
 3. L. on Onondaga Ave
 4. R. on Bellevue Ave
 5. L. on Summit
 6. R. on Stolp
 7. L. on Hancock
 8. L. on Arden
 9. R. on Carlton
 10. L. on Strathmore
 11. R. on Strathmore
 12. L. on Onondaga Park Drive
 13. Cross Onondaga Ave
 14. On to Creekwalk
 15. Follow Creekwalk
 16. L. on W. Colvin St.
 17. L. on S. Salina St.
 18. L. on W. Jefferson St.
 19. Back to The MOST