- Right out of parking lot follow loop to Darren Medlin Trail
- Right on Darren G Medlin Trail (stop sign) and cross street onto trail
- Follow trail to RR in soccer field (.6 mile)
- Follow trail to Dove Loop Road
- Left on Dove Loop Road
- Right on Dove Road to Park Blvd (RR @ 2.4 miles)
- Right out of park onto Dove Road to Horseshoe Trails Park
- Right into Horseshoe Trails Park (from this point it is 2 miles to RR. Use caution; there are other walkers, runners and cyclists on this trail.)
- RR at soccer fields (same as first RR @ 5.1 miles)
- Left from RR follow trail to road (Darren G Medlin Trail)
- Cross Street and follow road to Oak Grove Loop.
- Turn left on Oak Grove Loop to cars for PIT STOP #1 (water, snacks, RR)
- Left out of parking lot on Oak Grove Loop to trail.
- Left on trail to Dove Loop Road
- Left on Dove Loop Road to Main Street
- Right on Main Street to NW Highway
- Cross NW Highway at stop light, turn left.
- Continue on NW Highway to Starbucks PIT STOP #2 (RR 8.5 miles)
- Cross NW Highway at the light and turn left on Ruth Wall
- Follow Ruth Wall, stay on west side of road, to Gaylord Trail
- Left on Gaylord Trail stay on east side of road
- Follow Gaylord Trail to parking garage in the back
- Turn left into circle and follow to Gaylord Hotel entrance (RR 9.5 miles)
- Right out of entrance on to Gaylord Trail-stay on east side of road
- Right on Ruth Wall stay on west side of road
- Right on Dove Loop (walk on north side of street)
- Turn right onto Oak Grove Trail
- Turn right onto Oak Grove Loop
- Turn right into Parking Lot