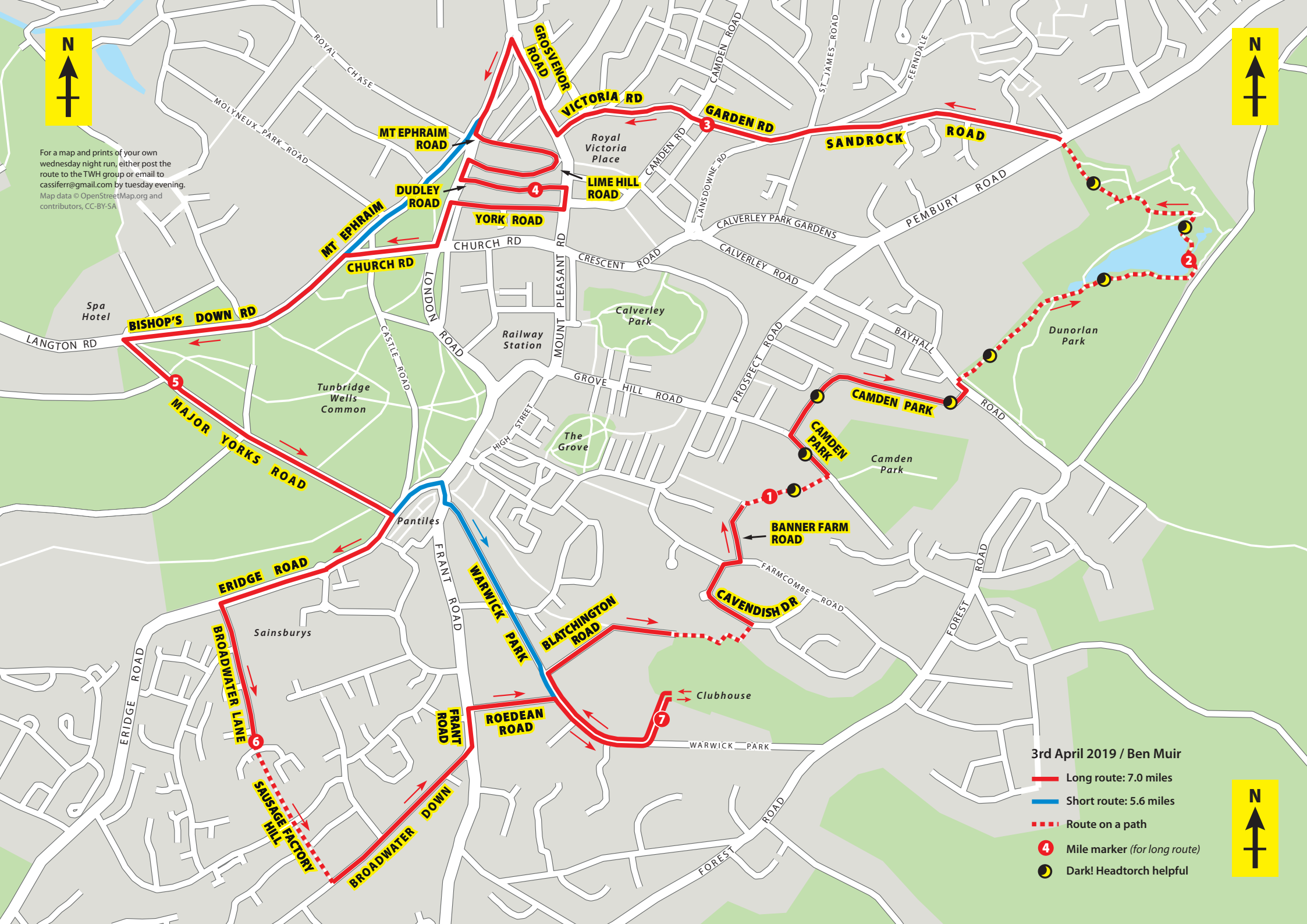




For a map and prints of your own wednesday night run, either post the route to the TWH group or email to cassiferr@gmail.com by tuesday evening.  
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3rd April 2019 / Ben Muir

- Long route: 7.0 miles
- Short route: 5.6 miles
- - - Route on a path
- 4 Mile marker (for long route)
- Dark! Headtorch helpful

