



30th May 2018 / JR

- Long route: 7.0 miles
- Short route: 6.0 miles
- - - Route on a path
- 4 Mile marker (for long route)

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](mailto:cassiferr@gmail.com) by tuesday evening.  
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