

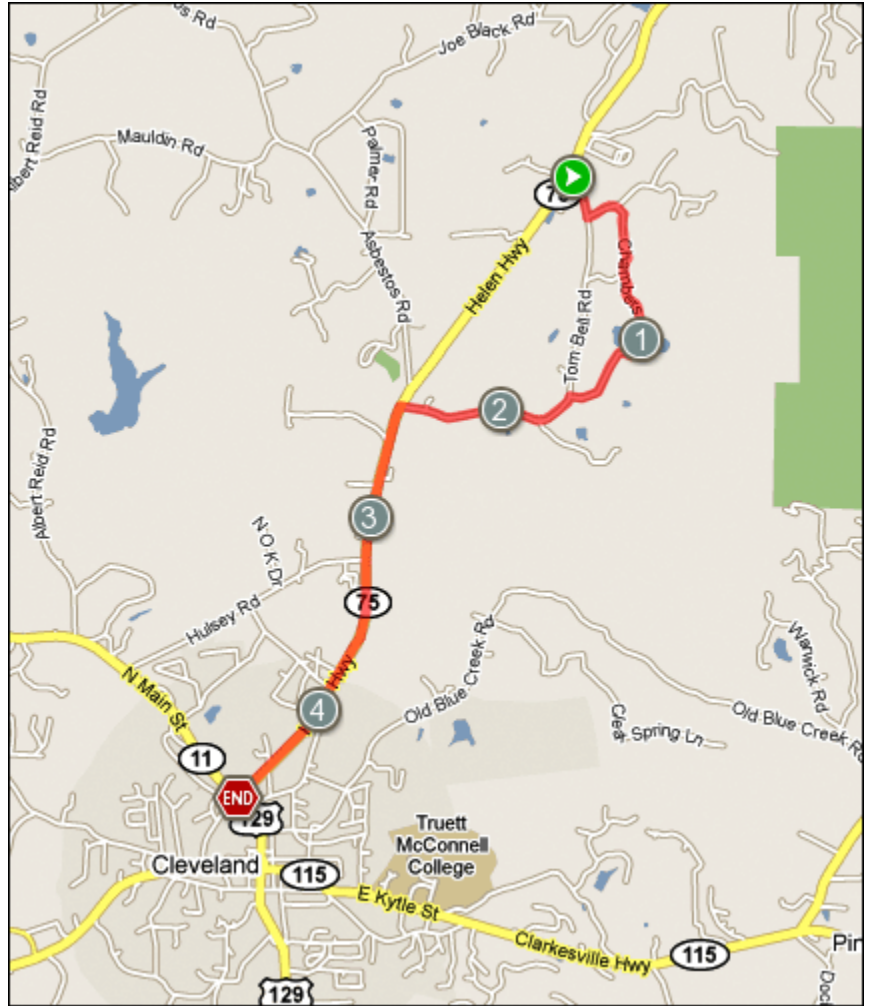
LEG 20 - Ingles

4.5 MILES | MEDIUM

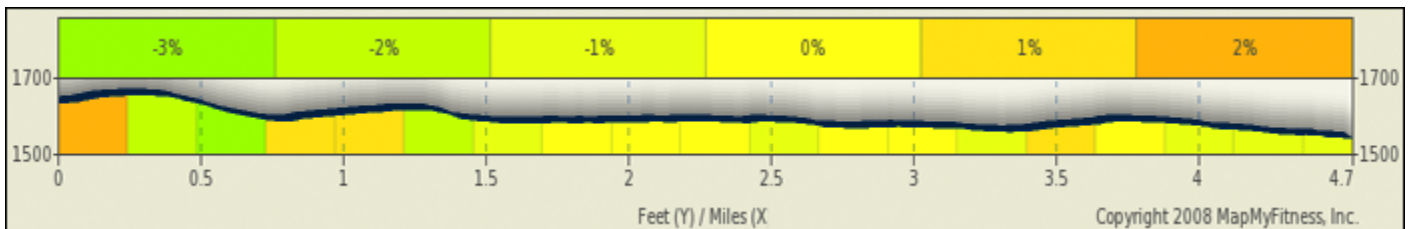


RUNNER DIRECTIONS

1. Take a right on Tom Bell Road to **.1 miles**
2. Take a left on Chambers Road to **1.5 miles**
3. Take a left on Tom Bell Road to **2.4 miles**
4. Take a left on 75 into Cleveland (runners on sidewalks) to **4.5 miles**
5. Ingles



ELEVATION: min: 1529ft | max: 1677ft | ascent: 98ft | descent: -194ft



LEG 20 - Ingles

4.5 MILES | MEDIUM



VAN DIRECTIONS

1. Take a right on Tom Bell Road to **.1 miles**
2. Take a left on Chambers Road to **1.5 miles**
3. Take a left on Tom Bell Road to **2.4 miles**
4. Take a left on 75 into Cleveland (runners on sidewalks) to **4.5 miles**
5. Ingles