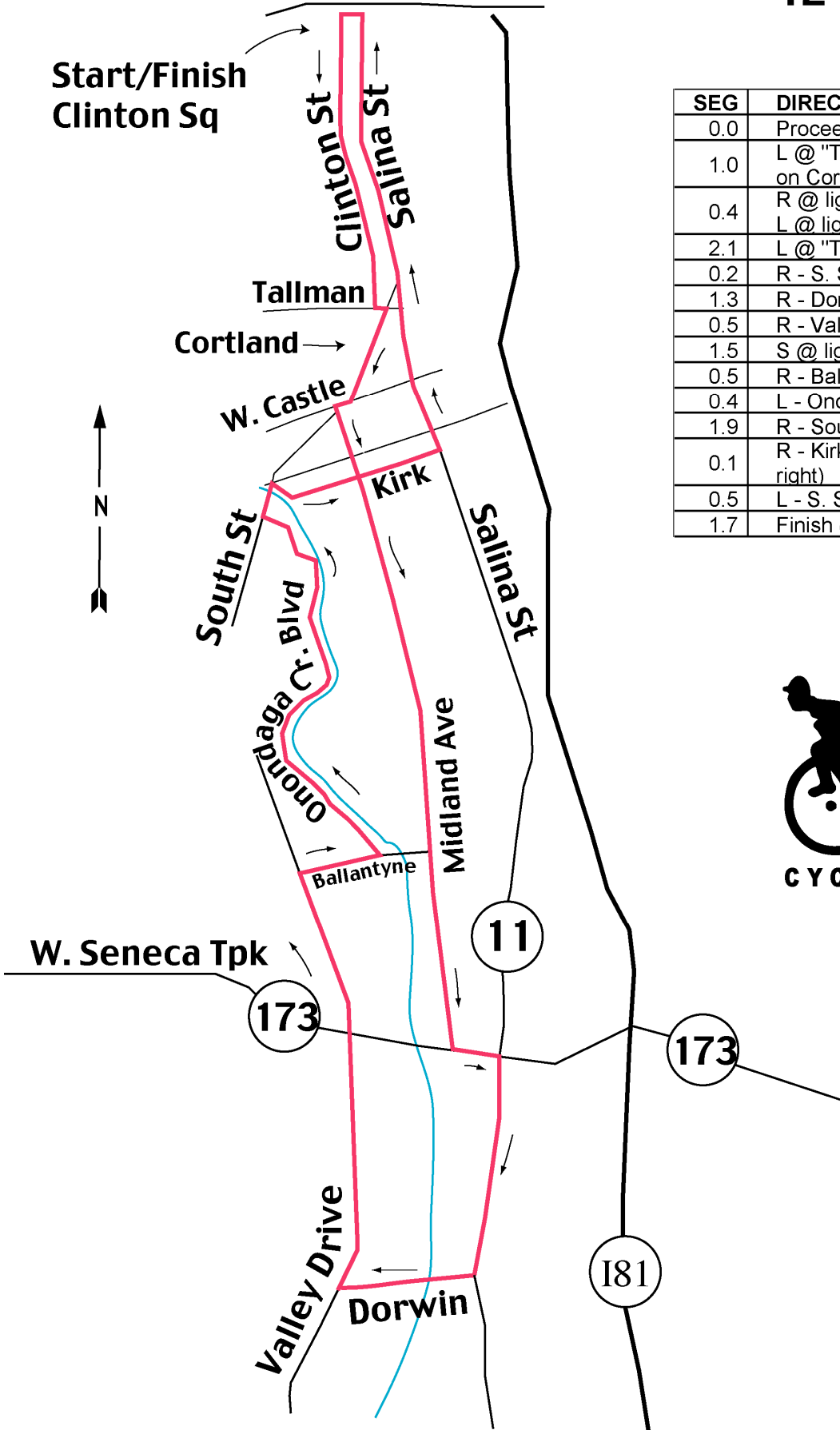


# Onondaga Urban Loop

12 Miles

Start/Finish  
Clinton Sq



SEG	DIRECTIONS	TOT
0.0	Proceed South on Clinton St	0.0
1.0	L @ "T" on Tallman St - Quick R on Cortland Ave	1.0
0.4	R @ light on W. Castle St. - Quick L @ light on Midland Ave	1.4
2.1	L @ "T" on W. Seneca Tpk.	3.5
0.2	R - S. Salina St.	3.7
1.3	R - Dorwin Ave	5.0
0.5	R - Valley Dr	5.5
1.5	S @ light - stay on Valley Dr	7.0
0.5	R - Ballantyne Rd	7.5
0.4	L - Onondaga Creek Blvd	7.9
1.9	R - South Ave	9.8
0.1	R - Kirk Ave. (keep park on your right)	9.9
0.5	L - S. Salina St	10.4
1.7	Finish @ Clinton Square	12.1

