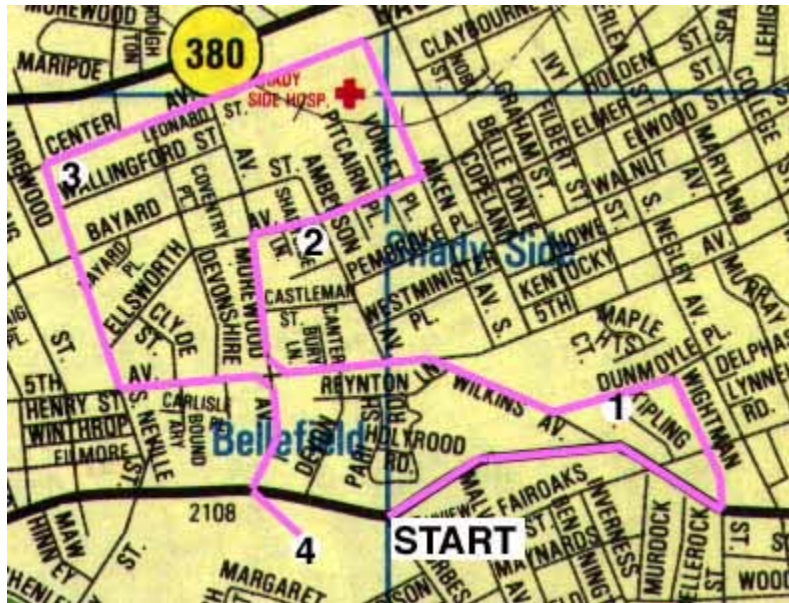


4-Mile Shadyside Loop



Directions

Start: Forbes & Beeler

Wilkins (right)

Wightman (left)

Dunmoyle (left)

Mile 1 at Kipling

Wilkins (right)

Fifth Ave (left)

Morewood (right)

Ellsworth (right)

Mile 2 before Amberson

S. Aiken (left)

Center (left)

Mile 3 before N. Neville

N. Neville (left)

Fifth Ave (left)

Morewood (right)

Forbes (left)

Finish: CMU Track

It's about 4 miles, but it's on high traffic streets in Oakland, forcing you to the sidewalks a lot of the time.