

| <b>Decatur Dekalb 4 Mile</b>   | <b>Mile Mark</b> | <b>1st Runner,<br/>Starts at<br/>7:00, 5min<br/>per mile<br/>pace</b> | <b>Last runner starts at<br/>8:00am, 20 min per<br/>mile pace</b> | <b>Lane Closure</b>                 |
|--|------------------|---|---|-------------------------------------|
| On Commerce Dr. just south of North Decatur High School's "thru" driveway. |                  | 7:00  | 8:00  | All Lanes                           |
| Commerce to W. Howard Ave., right onto W. Howard Ave                       | 0.06             | 7:01  | 8:02  | 1 West Bound Lane                   |
| W. Howard Ave to Pattillo Way, right on Pattillo Way                       | 0.12             | 7:01  | 8:03  | Righ lane on Pattillo Way           |
| Pattillo Way to Greenwood Circle, left on Greenwood Circle                 | 0.19             | 7:02  | 8:04  | Right lane on Greenwood Circle      |
| Greenwood Circle to Mary Gay Dr., right on Mary Gay Dr.                    | 0.32             | 7:03  | 8:07  | Right Lane                          |
| Mary Gay Dr. to Ridley Ln., left on Ridley Ln.                             | 0.34             | 7:03  | 8:07  | Right Lane                          |
| Ridley Ln. to Hibernia Ave., left on Hibernia Ave.                         | 0.56             | 7:03  | 8:12  | Right Lane on Hibernia Ave.         |
| Hibernia Ave. to Greenwood Circle, right on Greenwood Circle               | 0.68             | 7:03  | 8:14  | All lane on Greenwood Circle        |
| Greenwood Circle to W. Howard Ave., right onto W. Howard Ave.              | 0.75             | 7:04  | 8:15  | 1 West Bound Lane on W. Howard Ave. |
| 1 Mile Mark on W. Howard Ave.  | 1                | 7:05  | 8:20  |                                     |
| W. Howard Ave to Drexel Ave., right on Drexel Ave.                         | 1.1              | 7:06  | 8:22  | Right Lane on Drexler Ave.          |
| Drexel Ave. to Devonshire Ave., right on Devonshire Ave.                   | 1.29             | 7:06  | 8:26  | Right Lane on Devonshire Ave.       |
| Devonshire Ave. to Melrose Ave., right on Melrose Ave.                     | 1.35             | 7:06  | 8:27  | Right Lane on Melrose Ave.          |
| Melrose Ave. to W. Howard Ave., right on W. Howard Ave.                    | 1.55             | 7:08  | 8:31  | 1 West Bound Lane on W. Howard Ave. |
| W. Howard to Paden Circle, right on Paden Circle                           | 1.7              | 7:09  | 8:34  | Right Lane on Paden Circle          |
| Paden Circle to E. Lake Rd. Left on E. Lake Rd.                            | 1.78             | 7:09  | 8:36  | Right Lane on E. Lake Rd.           |
| E. Lake Rd to E. Parkwood Rd., right on E. Parkwood Rd.                    | 1.84             | 7:09  | 8:37  | Right Lane                          |
| E. Parkwood Rd. to W. Parkwood Rd., left on W. Parkwood                    | 1.86             | 7:09  | 8:37  | Right Lane                          |
| Mile 2 on W. Parkwood Rd.  | 2                | 7:10  | 8:40  |                                     |
| WATER STATION  | 2.1              | 7:10  | 8:42  | Right Side of the Rd.               |
| W. Parkwood to W. Ponce DeLeon Ave., right on W. Ponce DeLeon Ave.         | 2.3              | 7:11  | 8:46  | Right Lane                          |
| W. Ponce DeLeon Ave to E. Parkwood Ave., right on E. Parkwood Ave.         | 2.35             | 7:11  | 8:47  | Right lane                          |
| E. Parkwood Rd. to Upland Rd., left on Upland Rd.                          | 2.7              | 7:14  | 8:54  | Right lane                          |
| Upland Rd. to W. Ponce DeLeon Ave., right on W. Ponce DeLeon Ave.          | 2.85             | 7:14  |   | Right lane                          |
| 3 Mile on W. Ponce DeLeon, just before Drexel Ave.                         | 3                | 7:15  | 9:00  | Right lane                          |
| W. Ponce DeLeon Ave to Drexel Ave., right on Drexel Ave.                   | 3.03             | 7:15  | 9:00  | Right lane                          |
| Drexel Ave. to Emerson Ave., left on Emerson Ave                           | 3.15             | 7:16  | 9:03  | Right lane                          |
| Emerson Ave. to Adair St., left on Adair St.                               | 3.28             | 7:17  | 9:06  | Right lane                          |
| Adair St. to W. Ponce DeLeon Ave., right on W. Ponce DeLeon Ave.           | 3.38             | 7:17  | 9:08  | Right lane                          |

