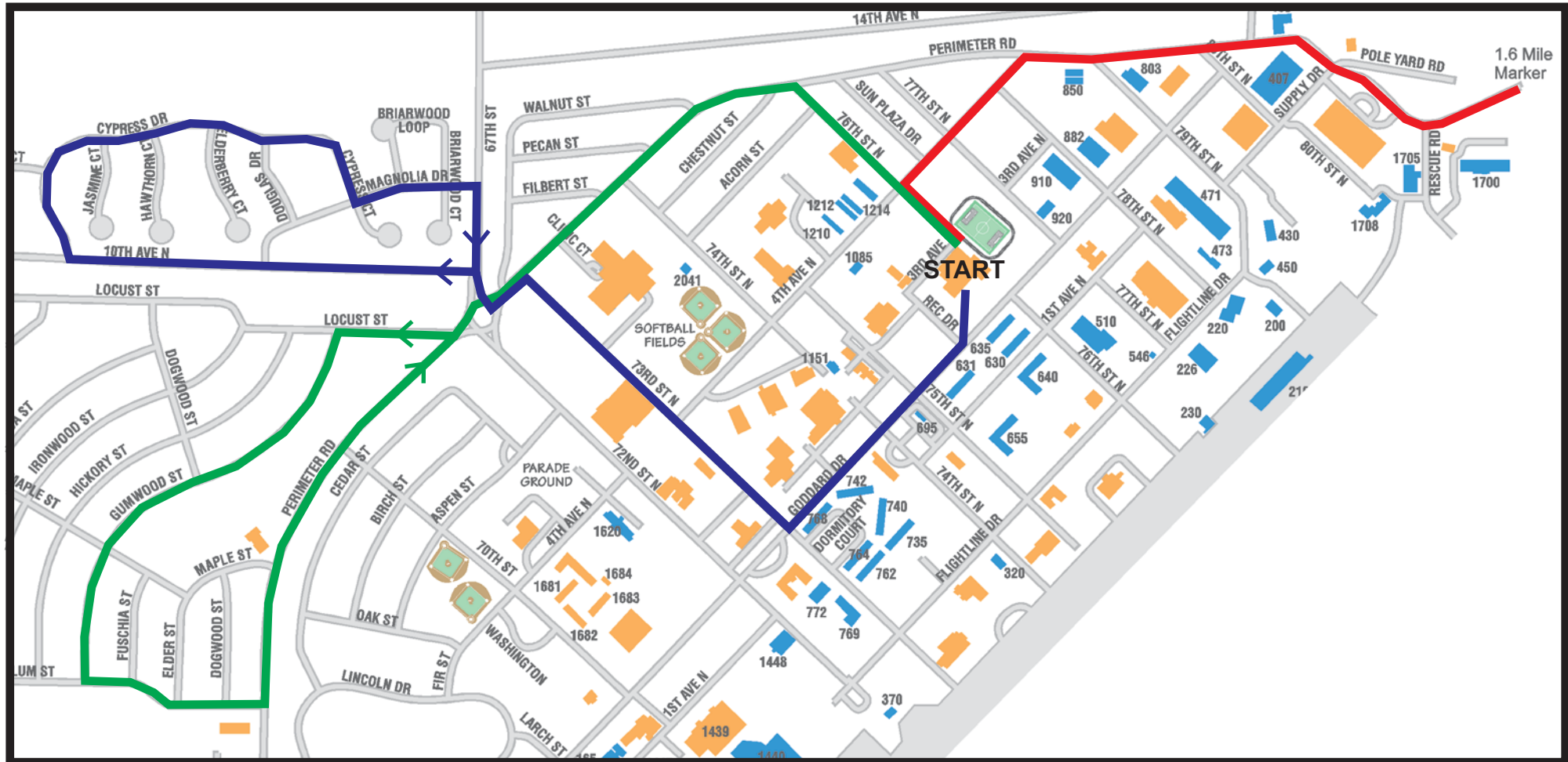


Malmstrom Air Force Base Running Routes



Route #1 (Perimeter Road)

Start: Back Entrance of Fitness Center
 Take 76th St N
 Turn Right on 4th Ave N
 Turn Right on Perimeter Rd
 Go to 1.6 Mile Marker and Turn Around
 Same Route Back

Finish: Back Entrance of Fitness Center

Route #2 (Housing Route)

Start: Back Entrance of Fitness Center
 Take 76th St N to Perimeter Rd
 Turn Left on Perimeter Rd
 Go through Circle Intersection on to Locust St
 Turn Left onto Gumwood St
 Turn Left onto Plum St
 Turn Left onto Perimeter Rd
 Take Perimeter Rd and turn Right on 76th St
Finish: Back Entrance of Fitness Center

Route #3 (Minuteman/Goddard)

Start: Front Entrance of Fitness Center
 Take Goddard Down to 73rd St
 Turn Right on 73rd St Down to Perimeter Rd
 Turn Left on Perimeter; Go Right at Circle Intersection Toward Back Gate
 Take 10th Ave N to Cypress Dr
 Turn Right on Cypress Drive to Magnolia Dr
 Turn Left on Magnolia Dr to 67th St
 Proceed Right to Circle Intersection; Go Left On Perimeter Rd to 73rd St
 Turn Left on Goddard
Finish: Front Entrance of Fitness Center