**INTERMEDIATE – 8 MILES (NOVEMBER 9 & 10)**

START at The Diamond

Leave the parking via the green lot, heading towards Hermitage and Sherwood (traffic light)

LEFT on Hermitage Road - - 0.19 mi  
LEFT on Robin Hood Road - - 0.40 mi  
RIGHT on Ellen Road - - 0.84 mi  
RIGHT on Westwood Avenue - - 1.14 mi  
LEFT on Lanvale Avenue - - 1.35 mi  
RIGHT on W Laburnum Avenue - - 1.76 mi

**CAREFUL crossing Laburnum**   
LEFT on Monticello Street - - - - 2.08 mi  
RIGHT on Nottoway Avenue - - 2.35 mi  
LEFT to stay on Nottoway Avenue, cross Fauquier Ave - - 2.54 mi  
LEFT on Newport Drive - - - - 2.63 mi  
Continue towards left to stay on Newport Drive

SHARP RIGHT on Lorraine Avenue - - 3.15 mi  
RIGHT on Brook Road - **stay on the right sidewalk of Brook (with traffic)** - - 3.48 mi   
SAG on Brook just past Bellevue in the parking lot behind CVS

RIGHT on Avondale Avenue - - 4.14 mi  
LEFT on Lamont Street - - 4.28 mi  
RIGHT on W Laburnum Avenue - - 4.35 mi  
**CAREFUL crossing Laburnum** - taking the next left

LEFT on Lamont Street - - 4.37 mi  
LEFT on Palmyra Avenue - - 4.66 mi  
RIGHT on Brook Road – **stay on sidewalk if staying with traffic** - - 4.83 mi  
RIGHT on N Lombardy Street - - 6.07 mi  
U-TURN take the traffic circle around continue back on N Lombardy Street to Brook - - 6.35 mi  
LEFT on Brook Road - - 6.62 mi  
LEFT on Overbrook Road - - 6.80 mi  
RIGHT on Hermitage Road - - 7.45 mi  
LEFT at traffic ling into the parking lot – Sherwood on the right - - 7.85 mi  
FINISH at Sports Backers Stadium when you get 8 miles

YOU DID IT!!! Great job-8 mi(ish)

TH Nottoway 8 - <https://routes.rungoapp.com/route/HJVzkSCiM7>