














## Turn By Turn and Approximate Walking Time

The route is a certified 5k course. The distances below are approximate.

	Directions/Name	Distance	Time	Total Distance	Total Time
	Rochester Arena				
	Get on Lowell St and walk southeas	47 ft		47 ft	
	Turn right onto Quarry Dr	0.73 mi		0.7 mi	15 min
	Turn right onto Victoria Cir	0.37 mi		1.1 mi	23 min
	Turn right onto Old Dover Rd	0.29 mi		1.4 mi	29 min
	Turn right onto Tingley St	355 ft		1.5 mi	31 min
	Turn left onto Susan Ln	951 ft		1.7 mi	35 min
	Turn left onto Juniper St	974 ft		1.8 mi	39 min
	Turn right onto Hemlock St	608 ft		2.0 mi	41 min
	33 Hemlock St	926 ft	4 min	2.1 mi	45 min
	Get on Hemlock St and walk north	0 ft		2.1 mi	45 min
	Turn left onto Lowell St	0.50 mi		2.6 mi	56 min
	Rochester Arena	0.32 mi	6 min	2.9 mi	1 h, 2 min