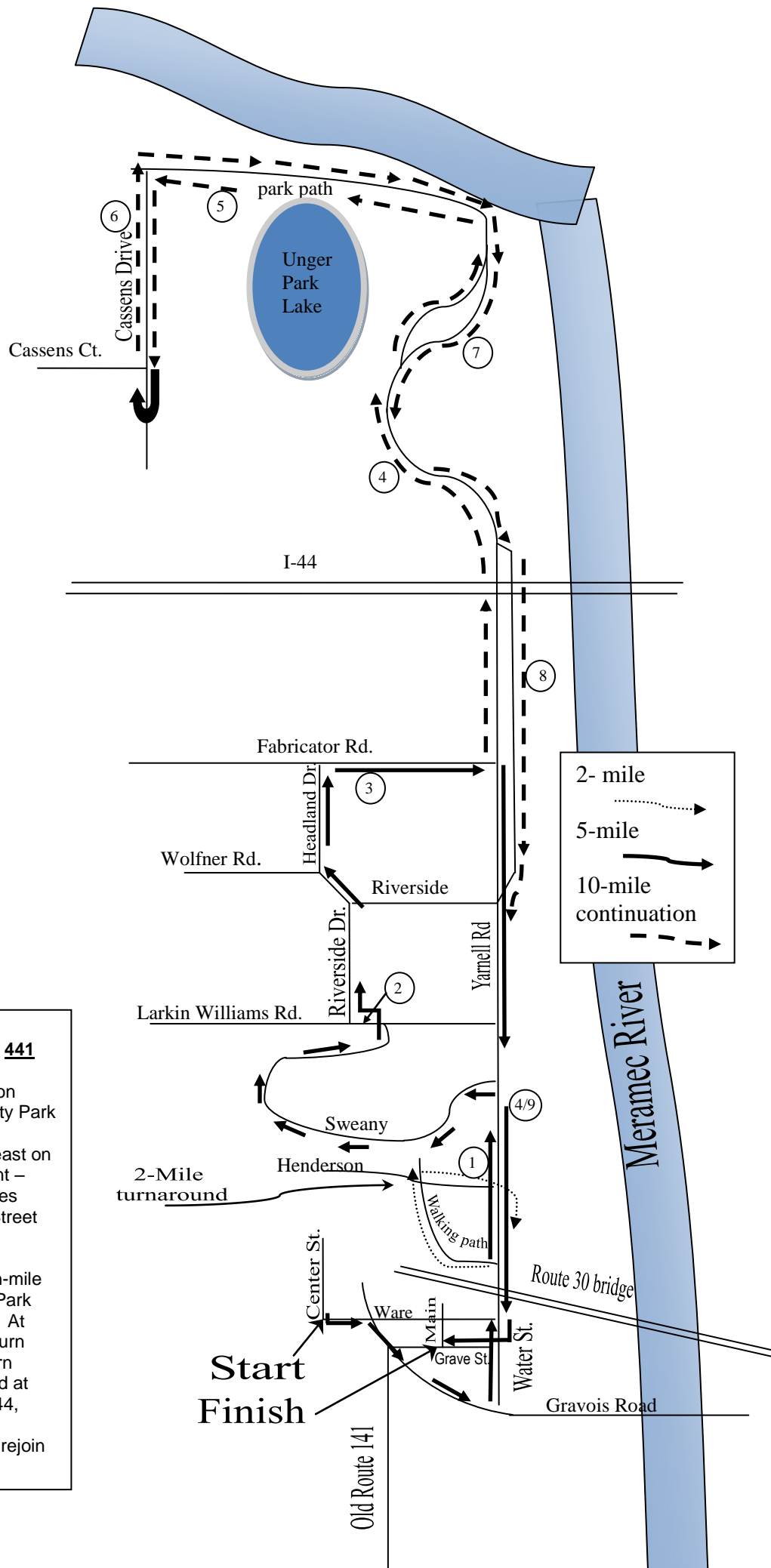




# Meramec River Run for African Relief 5 & 10-Mile



Measured by: Jeff Neuschwander July 28, 2009  
Altitude: start: **408 feet**; finish: **420 feet**; highest: **441 feet**; lowest: **399 feet**  
Start on Center St. heading NE onto Ware, east on Gravois to Water Street north. Left (west) into City Park on Sweaney, west on Larkin Williams, north on Riverside, west on Wolfner, north on Headland, east on Fabricator (10-mile route will break off at this point – see below). Then south on Yarnell which becomes Water and west on Grave to the corner of Main Street for the finish.

10-Mile - instead of heading south on Yarnell, ten-mile runners turn north on Yarnell. They enter Unger Park and jump on the park trail, following it to the end. At this point they turn south on Cassens Drive to a turnaround point just beyond Cassens Ct. They return following the same path but get onto Yarnell Road at the first opportunity in the park. As they reach I-44, they bear left and follow the river trail paralleling Yarnell. At the Riverside Drive intersection, they rejoin the 5M route and return to the finish.