



**Here is a turn by turn description of the 2019 Journal Jog course.**

The start line will be on Cowan Drive in the vicinity of the California Building. Cowan quickly becomes Latimore. Turn left on Spoon for the short out and back, staying on the left each way; this gives you a chance to see where your competition is. Left on Latimore, then right on Idlewild in the westbound lane all the way to Chrissie Caughlin Park. Left on Riverberry in the northbound lane. Left on River Run in the northbound lane. Left on Mayberry in the westbound bike lane. Left on Sherwood in the northbound lane. Left on Balsam in the westbound lane, then a quick right on Sherwood in the northbound lane. Right on California staying in the eastbound lane. Left on Robin in the northbound lane. Right on Foster in the eastbound lane, then at Hunter Lake switching to the westbound lane. Continue due east on Foster all the way to Booth. Left on Booth in the southbound bike lane. Left on Idlewild into the westbound lane. Right on Cowan. The finish line will be straight ahead of you not far into the park.