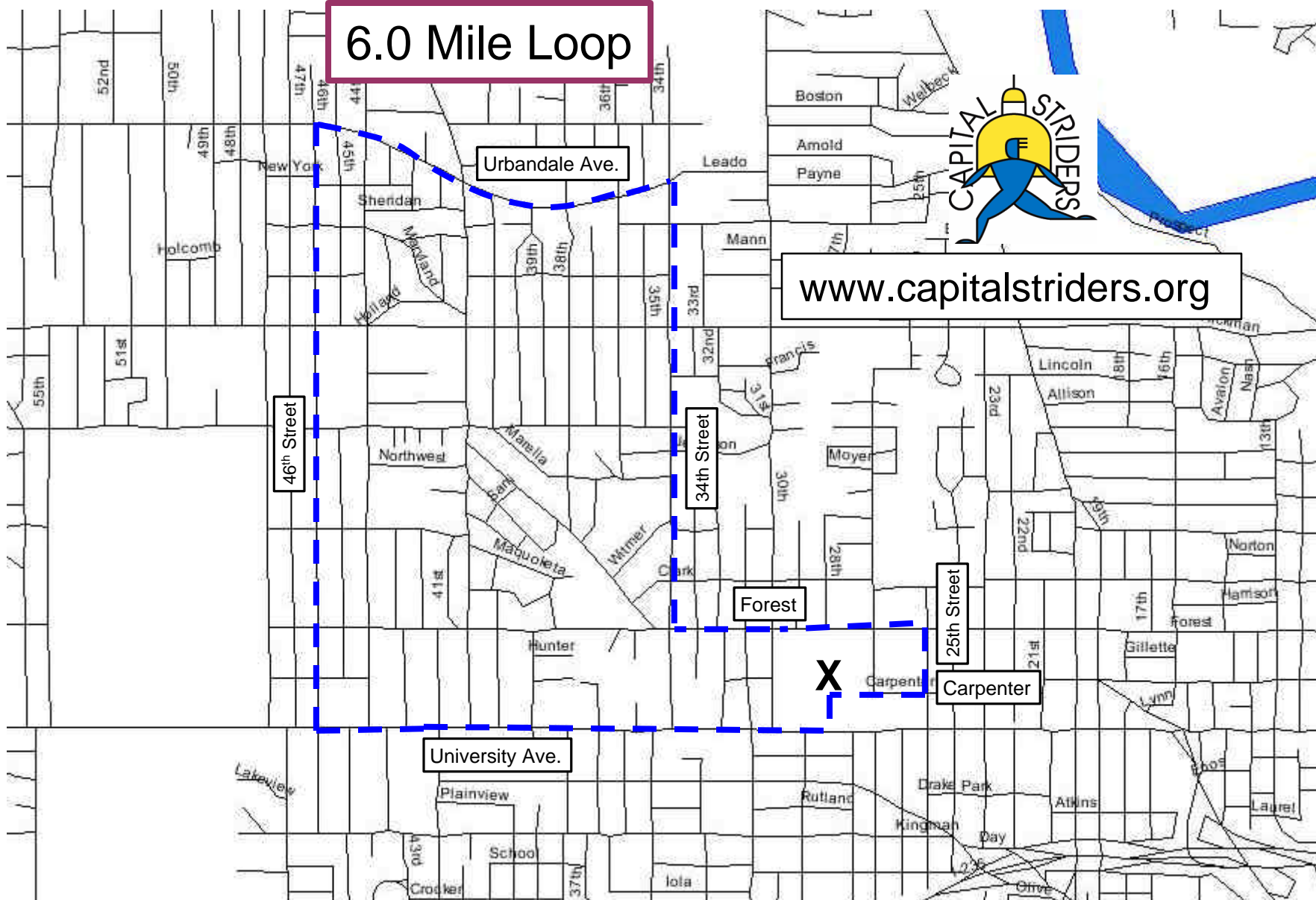


# 6.0 Mile Loop



[www.capitalstriders.org](http://www.capitalstriders.org)



Urbandale Ave.

46th Street

34th Street

Forest

25th Street  
Carpenter

University Ave.