

6 miles

- Begin at Wave Health & Fitness.
- Left onto World Trade Center Ave.
- Left onto Summer Street.
- Continue on Summer Street, over the bridge and take a left onto East 1<sup>st</sup> Street.
- Left onto Shore Road.
- Left onto William J Day Blvd and Continue on until you reach Castle Island.
- Follow the Harborwalk around Pleasure Bay until you reach William J Day Blvd.
- Left onto East Broadway.
- Quick right onto Farragut Road.
- Left onto East 1<sup>st</sup> Street, which will become West 1<sup>st</sup> St.
- Right onto D Street.
- Left onto Summer St.
- Right onto World Trade Center Ave, and return to Wave.

