

**Maintain High Outfitters Race Proposal**  
**For the Mountain High to Mountain High 5K Run**  
**October 5, 2019**

The following is a turn by turn course description.

1. The race will start in the Cahaba Village parking lot and turn left up Green Valley Rd. for 0.18 miles.
2. The race will turn left on Royal Oaks Drive heading north for 0.27 miles to Canoe Brook.
3. Turn right on Canoe Brook Lane heading northeast for 0.12 miles to Knollwood Lane.
4. Turn right on Knollwood Lane and go 0.07 miles, one block, to Knollwood Dr.
5. Turn Left on Knollwood Dr. for 0.08 miles to Brook Hollow Ln.
6. Turn right on Brook Hollow Ln for 0.38 miles heading southeast, then east to Orleans Rd.
7. Turn right on Orleans Rd first heading south then west for 0.09 miles to Christopher Ct.
8. Turn left on Christopher Cr for 0.09 miles to Christopher Dr.
9. Turn left on Christopher Drive heading south for 0.09 miles to Sunview Dr.
10. Turn left on Sunview Dr. heading east for 0.12 Miles to Kyle Ln.
11. Turn left on Kyle Ln. for 0.22 miles to Cromwell Dr.
12. Turn right on Cromwell Dr. heading east for 0.13 miles to Asbury Rd.
13. Turn right on Asbury Ln. and continue south for 0.18 miles to Sunview Dr.
14. Turn left on Sunview Dr heading east then southeast for 0.16 miles to Autumn Ln.
15. At Autumn Ln turn right, cross Green Valley Rd. and stay on Autumn Ln. for 0.4 miles to Ridgely Dr.
16. Turn left on Ridgely Dr heading east for 0.10 miles to Crosshaven Dr.
17. Turn right on Crosshaven Dr. heading south. Cross Cahaba Heights Rd. and continue up Summit Blvd. for 0.32 miles to the first entrance to The Summit. Turn right into the Summit parking lot to the finish.

The first runners should reach the Summit by 8:15 AM. The last runner/walker should reach the summit by 9:00 AM.