## Running Neenah, WI

Island Route ( 3.64 miles): The first'real' running route that I ever used regularly. In middle school I rarely ran farther than these 3.64 miles.

The Point ( 4.9 miles): I run along the roads around Kimberly Point more than any others in Neenah and this route was the first of many of mine that took me around its border.

The Trestle ( 6 miles): I used to find this route incredibly boring, despite the views from the Friendship Trail. As the paths along the run were gradually improved over the years, my enjoyment of the route grew.
The Point - Extended ( 6.3 miles): As I ran farther and longer while growing up, simply running around the Point was no longer enough, so I tacked on an extra 1.4 miles to the route.
LSD (Long Slow Distance) ( 8 miles): This route was a staple during my high school days. The name LSD came from my coach and has stuck to this route since he coined the phrase.
Tour de Neenah ( 10.3 miles): A run that I invented as my mileage continued to increase throughout high school. I enjoyed being able to


