

Family Guidance Center's Mind Your Health 5K Run Map

Run directions (map on next page)

Start in Stone House Park parking lot on Parkside Dr. South (near corner of Thrush and Parkside Drive South).

Follow Parkside to Old Mill Rd.

Right on Old Mill Rd.

Left on Old Wyomissing Rd., follow over bridge at Lauer's Lane.

Bear left after bridge to continue following Old Wyomissing Road.

Follow Old Wyomissing Rd. to the Red Barn.

Right turn at the parking lot (on right) and run through Gum Drop forest toward parking lot on Parkview Drive.

Upon coming out of the forest take a right and run up the grassy hill path.

Take the first cleared right up the hill, follow this path back to the parking lot at the barn.

Left back onto Old Wyomissing Rd. back.

Cross over Lauer's Lane onto Meadow Trail.

Follow Meadow trail to footbridge.

Turn right over footbridge then left to continue on trail.

Follow trail back to Old Mill Rd.

Left on Old Mill Rd. - follow to Evans Rd.

Right on Evans Rd.

Right on Parkside Drive North.

Follow Parkside Dr. North back toward Stone House.

Right onto the gravel path into Stone House to finish line.



Finish
at
Stone House

Start
in parking lot on
Parkside Drive South.
Follow yellow arrows.

FGC Mind Your Health 5k
Stone House Park Run Route

Runners turn onto trail at Red Barn parking lot, loop around trail and return on Old Wyomissing Rd. following red arrows.
See trail map on next page.

Trail Portion near Highlands

