

Spa 10K  
10K Course Description  
8:00 a.m. November 19, 2011

**10K Course:**

Beginning on Convention Blvd (Palm and Convention) east bound lanes proceed to Malvern Ave.  
Right on Malvern Ave to Spring St.  
Left on Spring St. to Central Ave.  
Right on Central Ave. to Whittington Ave.  
Left on Whittington Ave. Proceed around Whittington Ave. loop park & back to West Mountain Dr.  
Right on West Mountain Drive to Prospect Ave.  
Right on Prospect Ave to Pecan St.  
Straight on Pecan St. to Flint St.  
Left on Flint St. to Quapaw Ave.  
Left on Quapaw Ave. to Market St.  
Right on Market St., crossing Ouachita and Central Ave. to Broadway  
Left on Broadway, under bank and crossing Malvern Ave. to Convention Blvd.  
Thru to Convention Blvd.  
Finish on Convention Blvd prior to Palm St.

**Street Closings:**

7:45 am - 8:15 am	Convention Blvd. between Palm and Malvern Ave. NO PARKING ON CONVENTION
8:00 am - 8:15 am	Malvern Ave. between Convention Blvd and Spring St.
8:00 am - 8:15 am	Spring St. between Malvern Ave. and Central Ave.
8:00 am - 8:30 am	Central Ave. between Spring St. and Whittington Ave.
8:05 am - 8:30 am	One lane Whittington Ave. loop to West Mountain Drive.
8:10 am - 9:00 am	West Mountain Drive between Whittington Ave. and Prospect
8:20 am - 9:00 am	One lane Pecan St. and Flint St. between Prospect and Quapaw
8:20 am - 9:00 am	One lane Quapaw between Flint St. and Market
8:30 am - 9:30 am	One lane Market between Quapaw and Broadway
8:30 am - 9:30 am	Crossings on Ouachita and Central on Market
8:30 am - 9:30 am	One lane Broadway between Market and Convention Blvd.
8:30 am - 9:30 am	Crossing Malvern Ave. on Broadway
8:30 am - 9:30 am	One lane Convention Blvd between Malvern Ave. and Palm St.