




ST ALBANS STRIDERS

-  Paved Footpath
-  Road
-  Trail Path



Road Crossing. Be prepared to stop and cross when safe.



Route joins road. Beware of cars in both directions, stop and give way if necessary.

This route is open to traffic and is unmarshalled. You are responsible for your own safety.

Make sure that you report to the finish area even if you decide to abandon your run.

