

May Bee

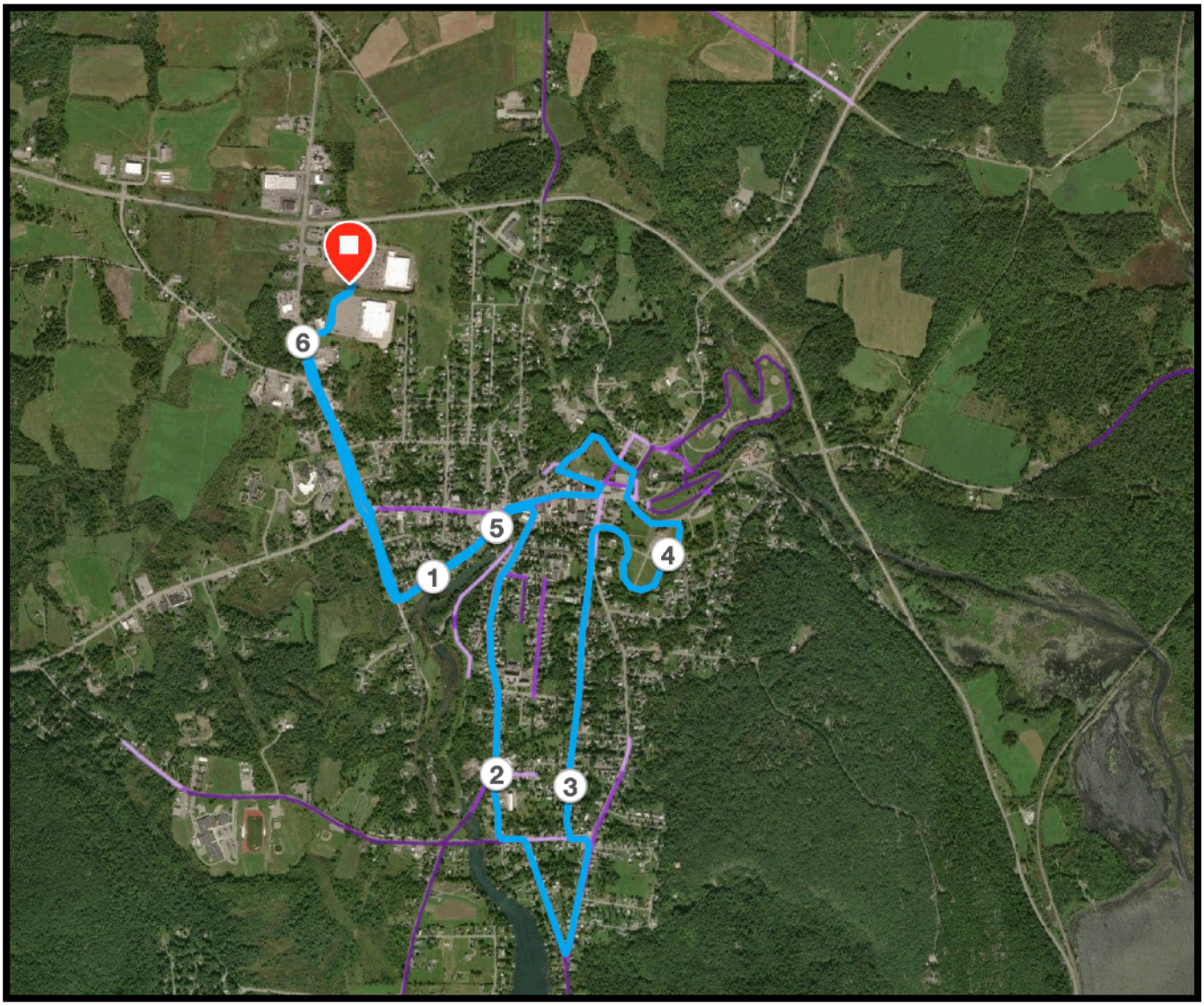
Bee a Perfect 10!



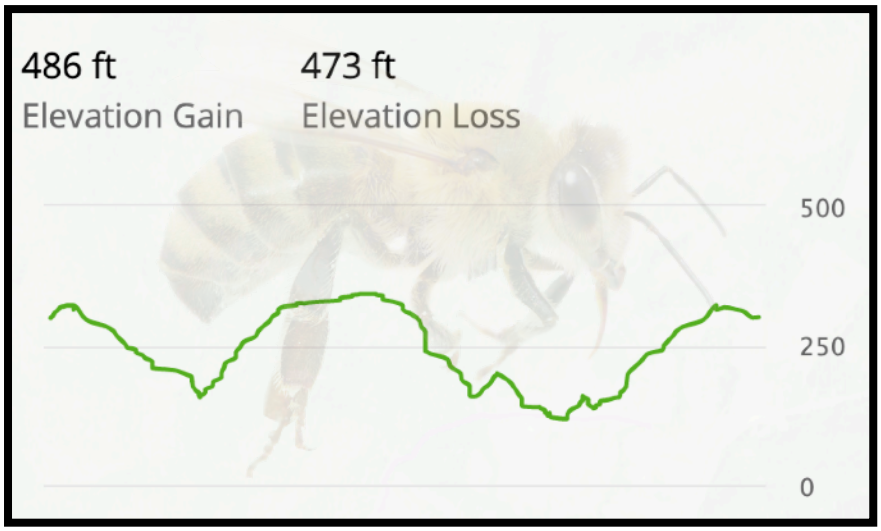
The May Bee Challenge centers around the number 10! Pick any date to do them!

The first challenge is to run **10 Track Laps**. If a track is not available, run 2.5 anywhere of your choice.

The second challenge is to run May Bee 10k course: **Ticonderoga LaChute View 10k**. Click on the link to view the webpage: LINK To follow the route, move the pointer along the elevation line!



Here is a elevation map of the **Ticonderoga LaChute View 10K**:



Start/Finish is this light pole in the outer parking lot of Wal-Mart. The course is not painted. Study before attempting. The course goes against traffic, where possible. Use the sidewalk from the bank to the country florist.

Here are some images of the Start/Finish:

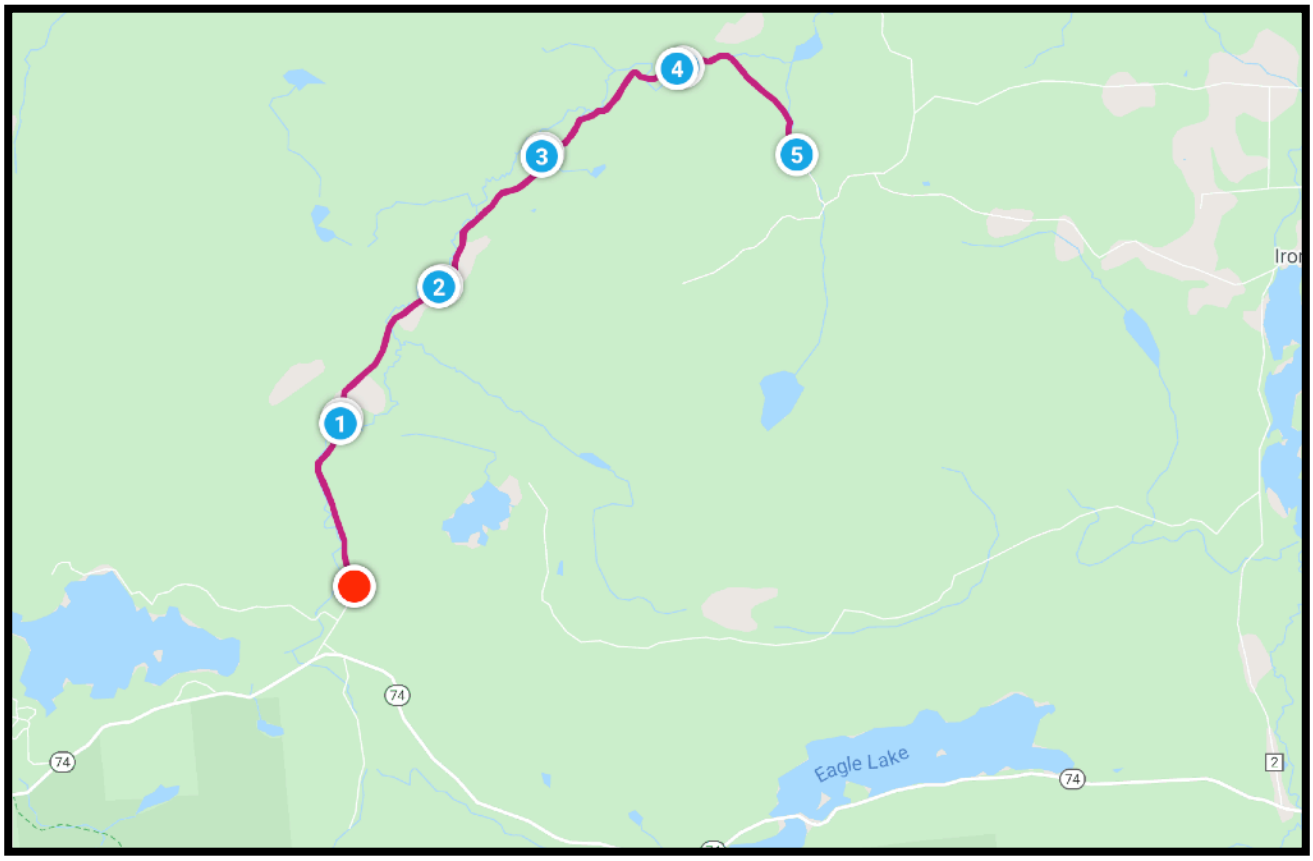




The final challenge is to **Bee Ten**, that is to run 10 miles.

Here is one possibility: run Letsonville (a former staple location for the club)! Click on the word link to see the LINK

Here is an image of that possible route:



A word of caution. This route is very scenic but very remote. It is advisable to run it with others. Oh, the village of Letsonville does not exist! Located near Paradox, NY is then fitting.

