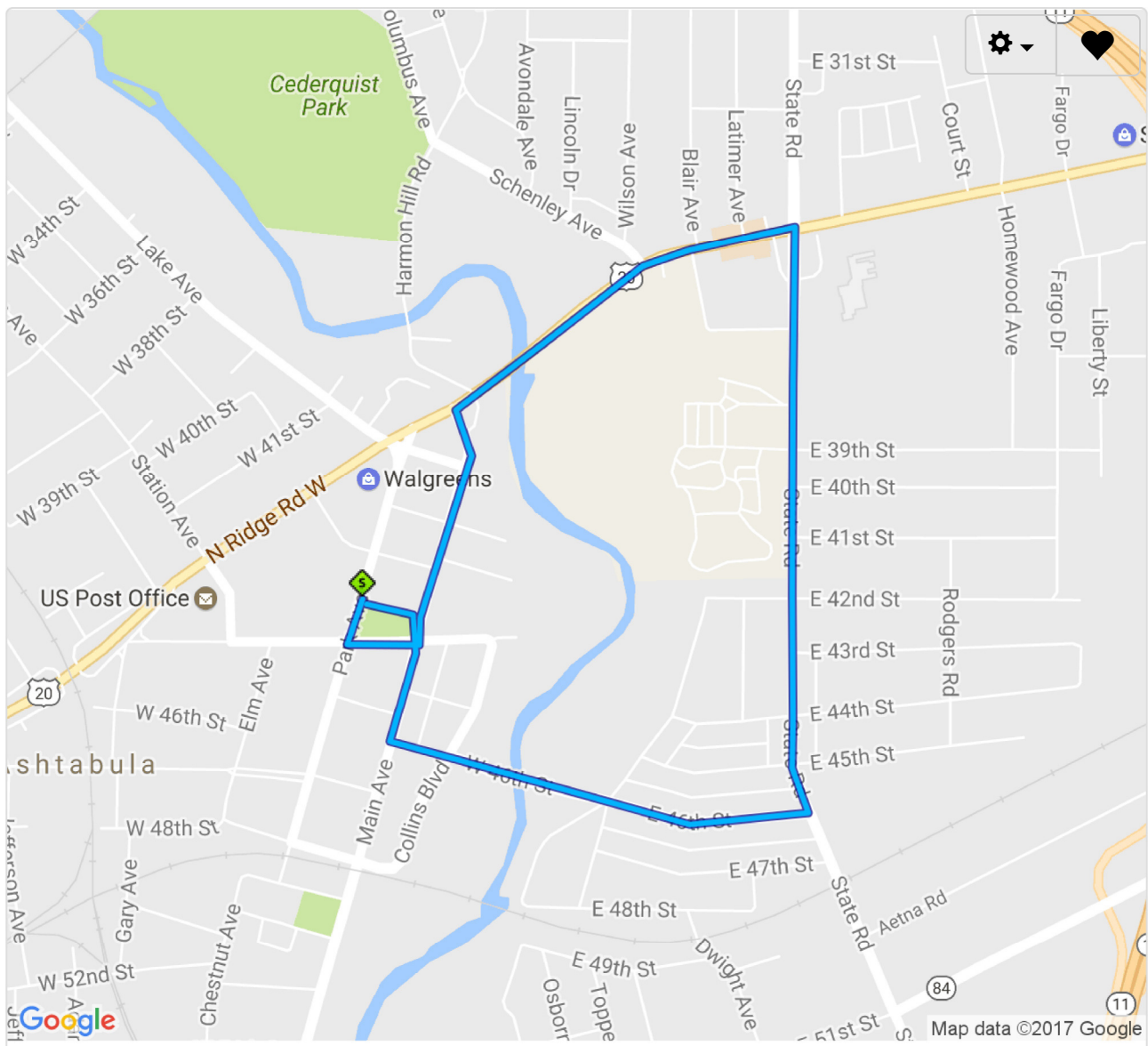







CFA trainless route Running Map in Ashtabula (/running-routes/US/Ohio/Ashtabula/), Ohio (/running-routes/US/Ohio/), US (/running-routes/US/)

Created by teoehlen (/members/teoehlen)

Runners will run around Lance Corporal Park twice at the beginning of the route and will finish the route running the park twice again. The total mileage for this route is 3.1.



Max Ascent	22 ft
Max Descent	24 ft
Total Ascent	244 ft
Total Descent	236 ft
<p>Route elevation courtesy of Hey What's That? (http://www.heywhatsthat.com/?reflat=41.8680388278&reflng=-80.7828783989)</p>	
Distance	2.4 miles 
Speed	3 mph 
Pace	20:00 mins/mile 
Time	0:48:00 
Calories	345.5 

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