

**SUPERINTENDENT EWERT'S
LPS FOUNDATION STRIDE
TRAINING RUN #3 (10/2/20)
*(The Heritage High School
Loop: 5.5 Miles)***



Total Time

0:48:34

Distance

5.51mi

Active Calories

667cal

Total Calories

754cal

Elevation Gain

240ft

Elevation

▲ 5,512FT MAX
▼ 5,396FT MIN

Avg. Heart Rate

146BPM

Avg. Pace

8'49"/MI

I started and ended my 3rd STRIDE training run at HHS!





I ran down Lee Gulch Trail... turned left on Elati St. and at mile .75, I found a quiet and deserted Damon Runyon Elementary School.

I keep wondering what the LPS Security Team is thinking when I'm looking directly into their cameras at 5:30 a.m. :)





Mile 1.5: Euclid Middle School. Looks like they have a fundraiser underway! Magazine sales perhaps?

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Under a beautiful moon and just up the street and around the corner from EMS at mile 2: Options MS, Options HS, Phoenix Program, Transition Services & Littleton Youth Soccer at the Acoma Building.





From the Acoma building I headed down the Highline Canal to Broadway, then Broadway to S. Bannock.

Mile 3: East Elementary under a gorgeous harvest moon.





Things got a bit spooky as I headed toward Ralph Moody Elementary!

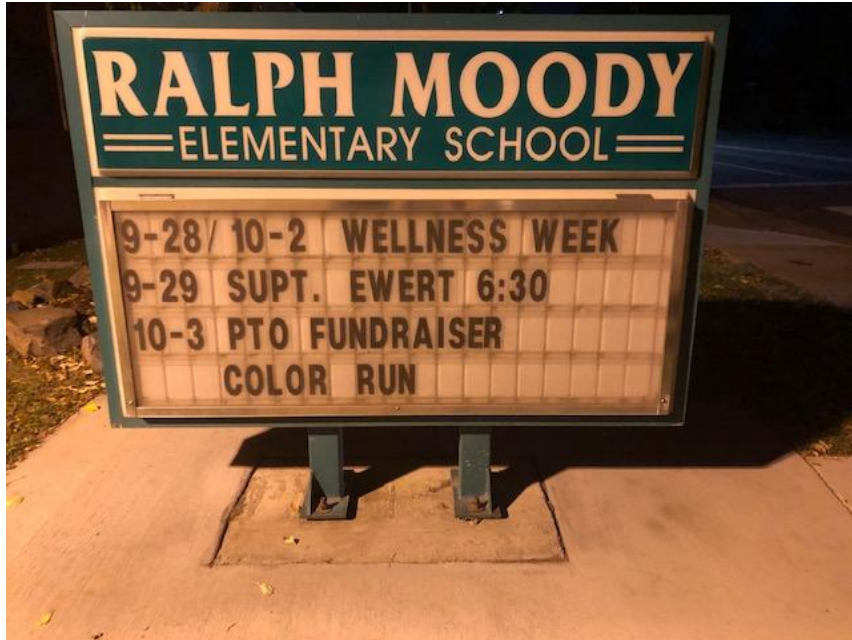
This guy started following me.

BOO!



Mile 4.3 brought me to Ralph Moody before I closed the loop back to Heritage High School on that evil hill called Windermere Street.

Looks like Moody had a very compelling event on the calendar on 9/29 at 6:30 p.m. LOL



I need to thank the administration and coaching staff at HHS for providing this sign... just for me? It made me feel special this morning. :)





Ipsfoundation



**Registration
is OPEN!**