



AL03010JD

**ADAM'S HEART RUN**  
 10 MILES - PELHAM, ALABAMA  
 (MAP NOT TO SCALE)

MEASURED BY: RICK MELANSON  
 1235 PARLIAMENT LN.  
 BIRMINGHAM, AL 35216  
 (205)679-1731

ON 02-18-08 USING CAL COURSE #AL97012JD  
 RACE DIRECTOR: Frank Blackard  
 234 King Arthur Place  
 Alexander, AL 36007  
 205-214-5817  
 newburg@yahou.com

**COURSE DESCRIPTION:**  
 Run begins on Terrace Dr. on center of power pole in front of parking lot at the upper Picnic Area at Oak Mtn. State Park and runs down to John Findley Dr., turns right and runs to turn-around and runs back down John Findley Dr. to Terrace Dr., turns left and runs to upper Picnic Area parking lot and turns right at the first entrance and runs to 2nd parking row and turns left and finishes on center line of light pole in line with power pole at the Start Line.