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**MapMyRun™**  
empowering active lifestyles

HOME MAP NEW RUN SEARCH FOR RUNS MY TRAINING LOG RUNNING EVENTS & RACES COMMUNITY STORIES & PHOTOS NEW STUFF SHOP


Welcome **lisasequeira**  
My Membership

TELL-A-FRIEND LOGOUT

Keep up with us on Facebook & Twitter

**Nike+ Integration**  
Download your Nike+ Workouts right into your Training Log. [Configure Profile](#)

**HEALTH ALERT**  
**M.D. Uncovers a New West African Herb that Melts Fat Right Off Your Body...**  
--Al Sears, MD



**11 MILER (10.92 MI.)**  
**WILSONVILLE, OREGON**

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Link: <http://www.mapmyrun.com/run/united-states/or/wilsonville/172124293150416667>  
Use the URL above to link to this route from your website or [embed this map](#) in your blog.

[View this Route in 3D \(Google Earth\)\\*\\*](#)  
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0 Comments  
3 Views  
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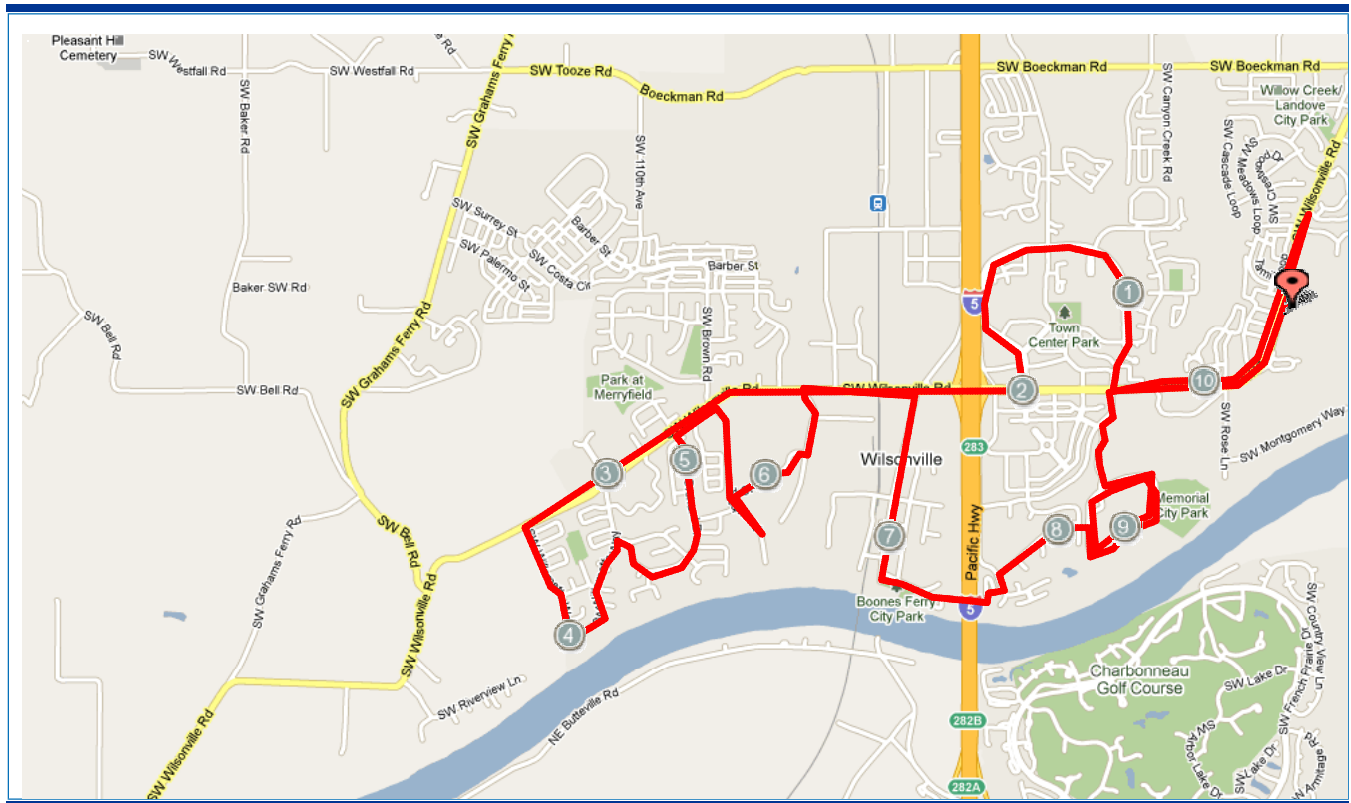
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**+ ADD THIS MAP TO YOUR WEBSITE OR BLOG** **Watch Course Fly-By Video** BETA

PRIVATE: Created by [lisasequeira](#) | [Edit Route](#)



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\*\* 3D view requires [Google Earth](#).

COMMENTS BY OTHER USERS ABOUT THIS RUN | [ADD](#)

None Available... Be the First to Add One Now!

**ADD YOUR COMMENT**

Rate this Run and add your Comments below. You can make a change to your submission at any time by resubmitting this form.

How would you rate this Route?



Please Submit Your Comments (max. 250 chars)

[ADD COMMENT >](#)

[\* red indicates required field.]



**MapMyMountain BETA** Start laying down your tracks

Check out the terrain at 84 North American ski resorts, mark your favorite runs, create and map out your own

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- Help Forum
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- Newsletter Archive
- Site Map
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**Your Stuff**

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- \* Your Email Preferences
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- Your Credits
- Your Runs
- Your Profile
- Your Goals
- Your Events
- Your Groups
- Your Reminders

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