MILEAGE | ROUTES
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.4 miles | Boyden Building to McGuirk Alumni Stadium loop
1.2 miles | Around Southwest Residential Area
1.5 miles | McGuirk Alumni Stadium loop
1.6 miles | From Curry Hicks Cage, on Lincoln Avenue, right at Fearing Street to University Drive, right at University Drive to Boyden Building
2.3 miles | Around UMass campus proper (Commonwealth, Governors, North Pleasant & Mass Ave)
2.5 miles | McGuirk Alumni Stadium loop, one full loop and return to Curry Hicks Cage
2.8 miles | McGuirk Stadium to Rocky Hill Road, right on Plainville, right on North Maple past Hadley Farm, right on Mass Ave, back to Stadium
3.1 miles | Boyden Building, to Lincoln Avenue, right at Route 9, right at Massachusetts Avenue to Boyden
3.4 miles | Cemetery Hill (Rocky Hill & North Maple) and return by McGuirk Alumni Stadium
3.5 miles | Massachusetts Avenue to Cemetery Hill (Rocky Hill & North Maple) and return via University Drive
3.5 miles | Same as above with return by Heartbreak Hill (Amity Street) and Sunset Drive
4 miles | Mass Ave to East Pleasant to Eastman Lane onto Governors Drive and back to Boyden
5.2 miles | Massachusetts Avenue to blinking red light at North Maple/Roosevelt, right at blinking light, to Meadow Street, right at North Pleasant, right at Governors Drive, follow back to Boyden
6 miles | Commonwealth to left on North Pleasant, right at Pine, up Pine’s Peak to East Pleasant, follow East Pleasant to North Pleasant, right at North Pleasant and back to Boyden

**JOGGING TIPS**

✈ Run in good running shoes  ✈ Stretch before and after every run
✈ Start out slowly on each run and slow down for the last 3 or 4 minutes of your run
✈ Run facing oncoming traffic  ✈ Keep it fun…Run around your living; don’t live around your running!