



JOGGING ROUTES

MILEAGE

ROUTES

.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 University Drive, 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!

