

## Walking Routes

- Route #1: Start in front of Alumni Hall and walk south on Academy St. past the President's house, turn left up Morris Drive; continue up Cardiac Hill. At the bottom of Cardiac head toward the day care center, go through parking lot behind day care; turn left at the end of the lot. Head back up Cardiac and back-track the original route; end at Alumni Hall. (Approx. 1.80 miles)
- Route #2: Follow the same directions as in Route #1. Rather than heading back up Cardiac, turn right and walk past Belknap/Retan. At the employee parking lot turn right; at Rt. 6 turn left and follow the sidewalk along Rt. 6 to South Academy St. Finish in front of Alumni Hall. (Approx. 1.30 miles)
- Route #3: Start in front of Alumni Hall walk up S. Academy St toward the President's house. At the end of Academy St., turn right and walk to 3<sup>rd</sup> St. At 3<sup>rd</sup> St. turn left and continue to E. Main St (to car wash); turn right on E. Main. Walk to Dorsett Drive and continue past the schools and Smythe Park until you reach Rt. 6 (at Time Saver). Turn right toward the red light and continue to the University ending at Alumni Hall. (Approx. 1.70 miles)
- Route #4: Start in front of Alumni Hall, cross Rt. 6 to N. Academy St. Continue up N. Academy to the top of N. Academy. Turn right on Prospect St and turn left at the end of Prospect St. Turn left on Wakefield Terrace. Go a short distance and make another left, continue on this street until you reach Decker St. Turn left and walk to N. Main. Turn left on N. Main until you reach Prospect St., turn left on Prospect. Walk until you reach N. Academy St., head down N. Academy St. back to Alumni Hall. (Approx. 2 miles)
- Route #5: Kelchner Fitness Center Gym: 1 lap around the outside of the gym floor is .10 miles; 10 laps = 1 mile
- Route #6: Maxson Track: 1 lap = ¼ mile; 4 laps = 1 mile.

After you have mastered these routes, try combining two routes.

- Route #1 + Route #3 = 3.5 miles
- Route #3 + Route #4 = 3.7 miles
- Route #1 + Route #4 = 3.80 miles
- Route #2 + Route #3 = 3 miles

Also, by selecting different routes and changing up your routine you will eliminate boredom and challenge your muscles differently each time!