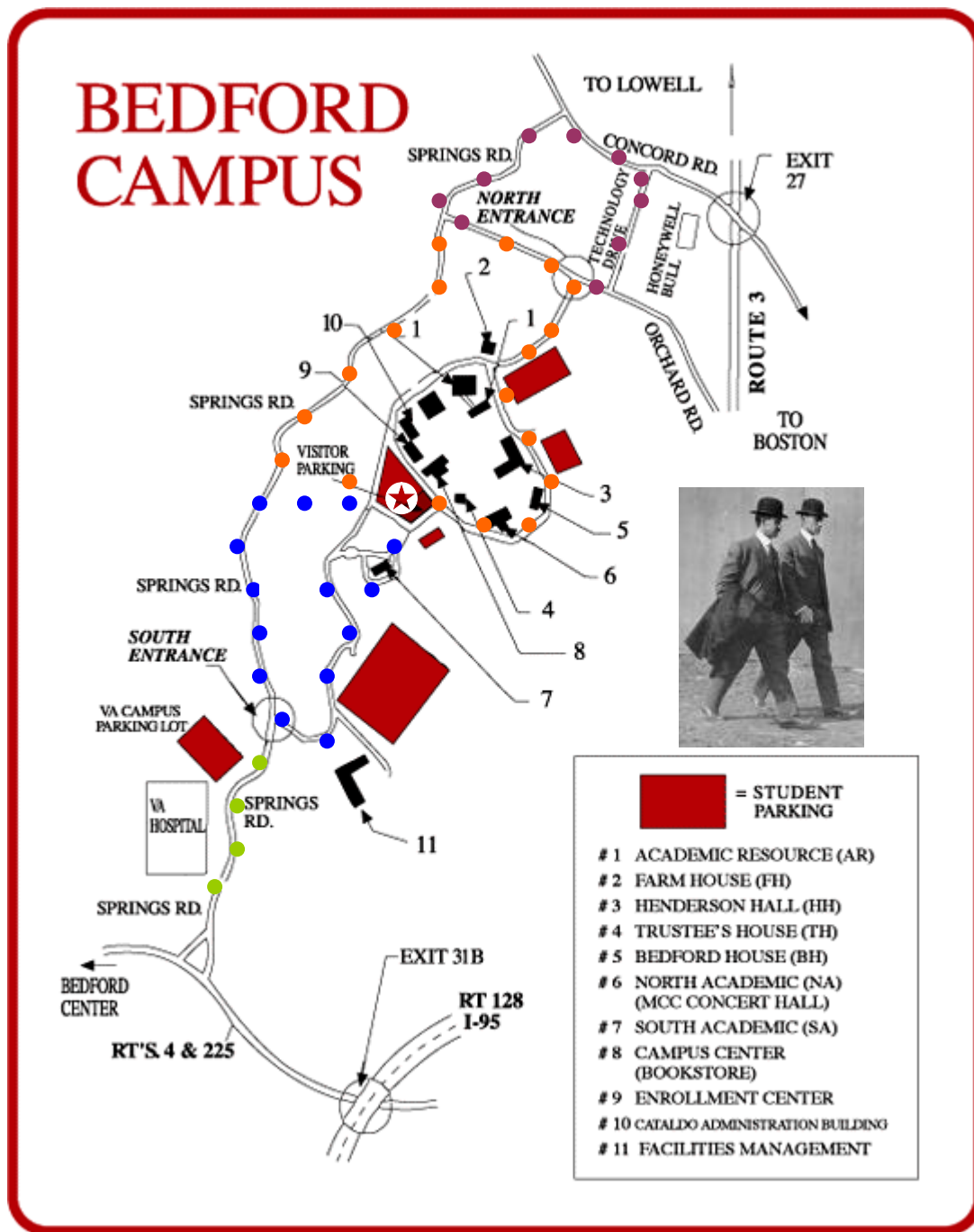


Bedford Campus Walking, Jogging, and Running Routes



Please note that this map (above) is NOT to scale. Please also note that route times (below) are estimates, based on average 3.0 mph walking speed, 6.0 mph average jogging speed, and 9.0 mph average running speed.

Distance	Walking Pace	Time	Jogging Pace	Time	Running Pace	Time
.1 mile	3.0 mph	2 min	6.0 mph	1 min	9.0 mph	40 sec
.2 mile	3.0 mph	4 min	6.0 mph	2 min	9.0 mph	1 min, 20 sec
.3 mile	3.0 mph	6 min	6.0 mph	3 min	9.0 mph	2 min
.4 mile	3.0 mph	8 min	6.0 mph	4 min	9.0 mph	2 min, 40 sec
.5 mile	3.0 mph	10 min	6.0 mph	5 min	9.0 mph	3 min, 20 sec
1.0 mile	3.0 mph	20 min	6.0 mph	10 min	9.0 mph	6 min, 40 sec

•• •• •• •• Walking/Jogging/Running Route Options •• •• •• ••

Campus Tour (16 minutes walking, 8 minutes jogging, or 6 minutes running): Begin on the Orange Loop Trail, walking toward Building 10 (Cataldo). At the end of the parking lot, turn right onto the campus road. Follow campus road to North Entrance. At North Entrance, turn around. Walking back toward campus, take first left, and walk behind all buildings, circling around to Campus Center. (.8 miles)

Blue Light Special (24 minutes walking, 12 minutes jogging, or 9 minutes running): Begin on the Blue Loop Trail, walking toward South Academic Hall. Follow Blue Loop Trail to South Entrance. At South Entrance, turn right onto Springs Rd, walking on paved path through the woods. Follow paved path .5 miles, until the Campus Center is visible directly to your right. Cut across field toward Campus Center, ending where you began. (1.2 miles total)

Easy Rider (24 minutes walking, 12 minutes jogging, or 9 minutes running): Begin on the Orange Loop Trail, walking toward Building 10 (Cataldo). Cross the road, and the field, intersecting with the paved sidewalk along Springs Rd. Turn right on paved sidewalk. Follow Springs Rd walkway all the way to Orchard Rd. Turn right on Orchard Rd, then right onto North Entrance. On campus, take first left, and walk behind all buildings, circling around to Campus Center. (1.2 miles)

Almost There (52 minutes walking, 26 minutes jogging, or 20 minutes running): Begin on the Orange Loop Trail, walking toward Building 10 (Cataldo). Cross the road, and the field, intersecting with the paved sidewalk along Springs Rd. Turn right on paved sidewalk. Follow Springs Rd walkway to Orchard Rd, where it ends. Stay straight on Springs Rd (no sidewalk here) until intersection with Concord Rd. Turn right onto Concord Rd, and go roughly .2 miles. Turn right onto Technology Drive. Follow Technology Drive to Orchard St. Turn right, then turn left onto campus at North Entrance. On campus, take first left, and walk behind all buildings, circling around to Campus Center. (2.6 miles)

Country Road (60 minutes walking, 30 minutes jogging, or 23 minutes running): Begin on the Blue Loop Trail, walking toward South Academic Hall. Follow Blue Loop Trail to South Entrance. At South Entrance, turn left onto Springs Rd, walking on paved path through the woods. Follow paved path .9 miles, until it ends at the VA hospital. Turn around, and follow path back to South Entrance. Turn right into South Entrance, and return to Campus Center. (3.0 miles total)

Adrenaline Rush (1 hour, 18 minutes walking, 39 minutes jogging, or 30 minutes running): Begin on the Blue Loop Trail, walking toward South Academic Hall. Follow Blue Loop Trail to South Entrance. At South Entrance, turn left onto Springs Rd, walking on paved path through the woods. Follow paved path .9 miles, until it ends at the VA hospital. Turn around, and follow path back to South Entrance. Instead of turning into South Entrance, stay straight on Springs Rd. Follow Springs Rd walkway all the way to Orchard Rd. Turn right on Orchard Rd, then right onto North Entrance. On campus, take first left, and walk behind all buildings, circling around to Campus Center. (3.9 miles)

Orange Crush (1 hour and 46 minutes walking, 53 minutes jogging, or 40 minutes running): Begin on the Blue Loop Trail, walking toward South Academic Hall. Follow Blue Loop Trail to South Entrance. At South Entrance, turn left onto Springs Rd, walking on paved path through the woods. Follow paved path .9 miles, until it ends at the VA hospital. Turn around, and follow path back to South Entrance. Instead of turning into South Entrance, stay straight on Springs Rd. Follow Springs Rd walkway all the way to Orchard Rd, where it ends. Stay straight on Springs Rd (no sidewalk here) until intersection with Concord Rd. Turn right onto Concord Rd, and go roughly .2 miles. Turn right onto Technology Drive. Follow Technology Drive to Orchard St. Turn right, then turn left onto campus at North Entrance. On campus, take first left, and walk behind all buildings, circling around to Campus Center. (5.3 miles)

Distance Notes as measured:

.6 miles from CC to South Entrance

.9 miles from South Entrance to VA

.5 miles from SE to CC cutoff

.2 miles from CC cutoff to CC

1.0 miles from SE to NE

.1 miles from NE to Springs Rd intersection

Red loop is 1.4 miles (or 1.5 with orange piece)

NE to CC on orange loop (.5 miles)

MARCH 2007