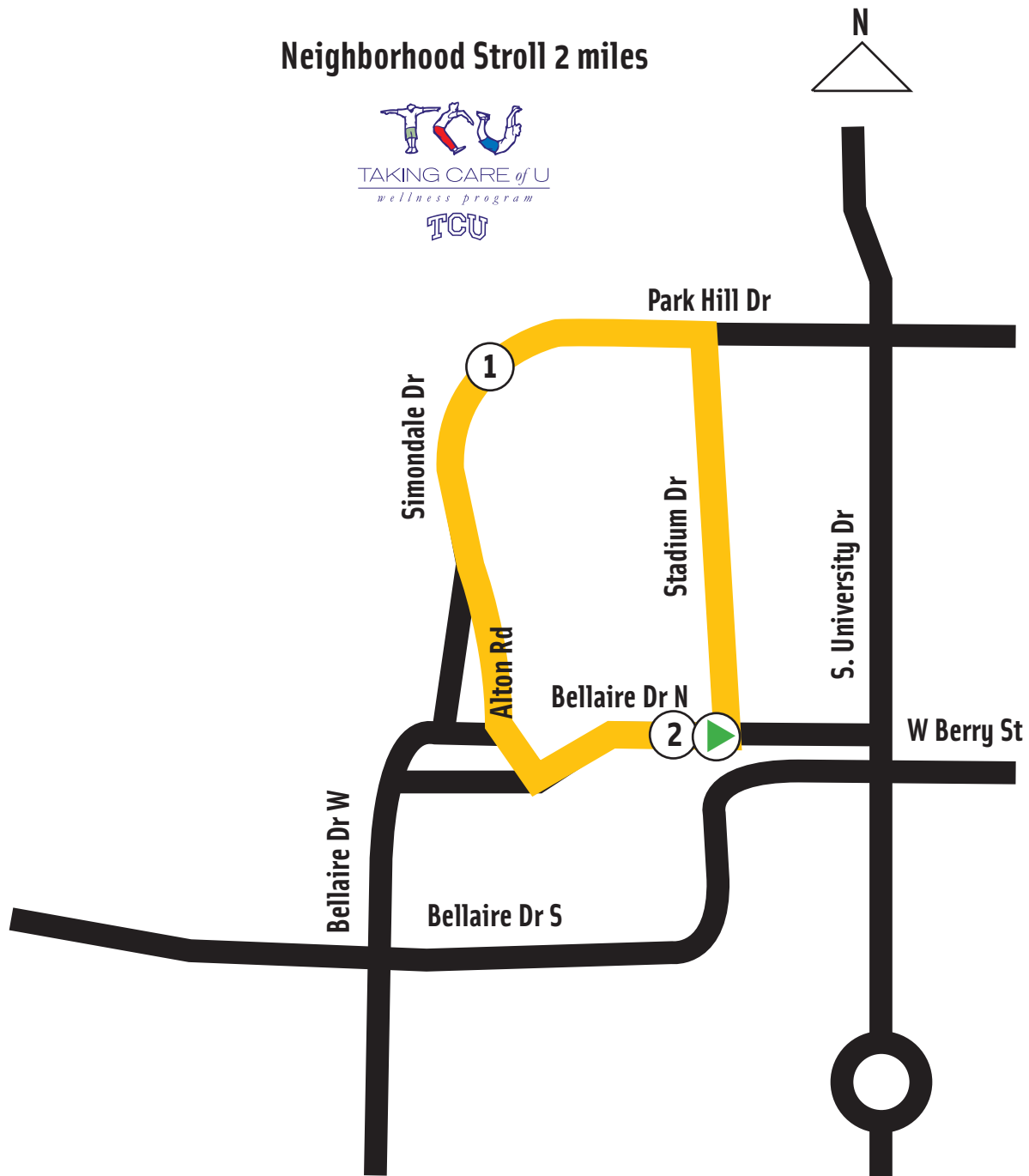


Neighborhood Stroll 2 miles



The Neighborhood Stroll - 2 miles

Start - Corner of Bellaire and Stadium Dr.

Path - Go North up Stadium Dr.

Difficulty - Challenging

This course starts out with a slight decline until you reach the Brown Lupton University Union. Once you get there, it starts out with a slight incline until you get to W. Cantey St. When you reach Cantey the course stays at a slight decline until you get to the Colonial Pkwy. Country Club Circle area. Then there is a steep incline similar to the one at the end of the Greek. Once you reach Lyncrest Dr. the steep incline becomes a slight one until Alton Rd. Then when the road splits, it becomes a slight decline followed by another slight incline and then it starts to level off. When Alton dead ends by the Physical Plant you are rewarded with another decline, followed by the nice big incline to finish it off.

Beginners 1.2 miles



Beginners - 1.2 miles

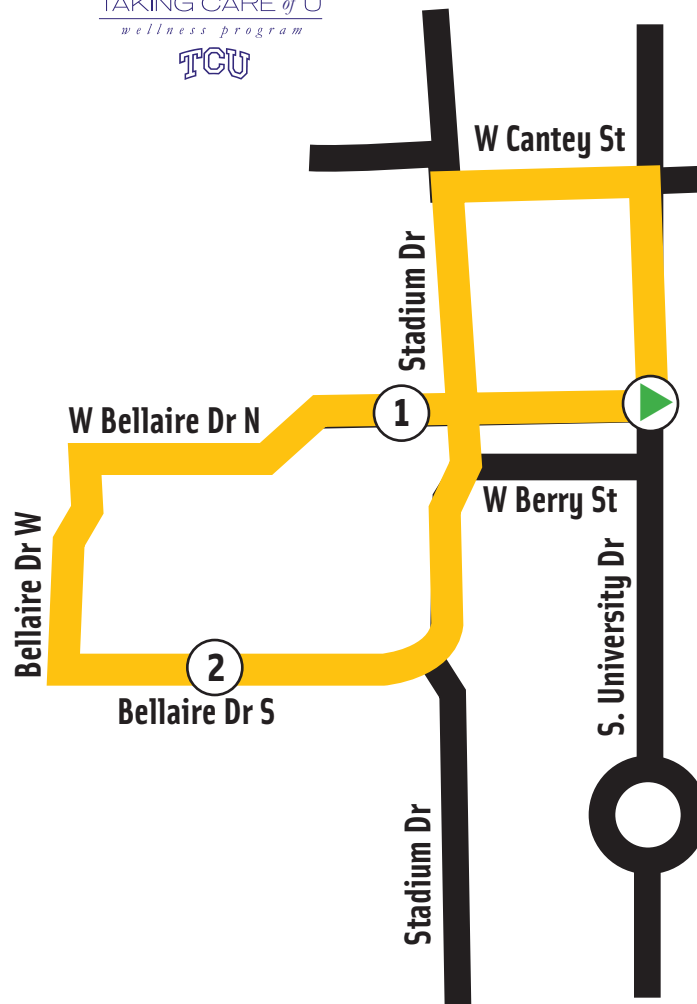
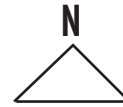
Start - Corner of W. Bellaire Dr. N. and S. University Dr.

Path - Go North on S. University Dr.

Difficulty - Easy

As you begin, the ground is fairly level with a slight incline until you reach W. Cantey St. Once you turn the corner, the ground is fairly level until you get half way down the Cantey side of the course. When you reach the half way point, there is a slight decline. This decline continues around the corner of W. Cantey St. and Stadium Dr. Once you turn the corner, the level of decline increases until you get to Moncrieff. When you reach this point there is a medium incline to the corner of Stadium Dr. and W. Bellaire Dr. N. After that, it becomes a slight incline until you reach the starting point again.

The Challenger 2.88 miles



The Challenger – 2.88 miles

Start – Corner of W. Bellaire Dr. N. and S. University Dr.

Path – Go North on S. University Dr.

Difficulty – Moderately Challenging

This course is a combination of the Greek and the Beginner courses. As you begin, the ground is fairly level with a slight incline until you reach W. Cantey St. Once you turn the corner, the ground is fairly level until you get half way down the Cantey side of the course. When you reach the half way point, there is a slight decline. This decline continues around the corner of Cantey St. and Stadium Dr. Once you turn the corner the level of decline increases until you get to Moncrieff. When you reach this point there is a medium incline to the corner of Stadium Dr. and W. Bellaire Dr. N. You continue on level ground for the next 8th of a mile. As you continue, you'll be going on a medium decline until you round the corner of the intramural fields. The ground levels off for a short distance before you begin a medium sized incline that takes you past the Soccer Fields. After this incline you are rewarded with level ground for the next quarter of a mile. Once you pass the track there will be a steeper decline for the next 10 to 15 yards, then as you're coming up to the corner of Bellaire N. and Bellaire W., the ground is fairly level. Once you turn the corner there is a short but steep incline. After this incline it's downhill until you pass the Physical Plant. After you pass the Physical Plant you're faced with a long steep incline until you hit Kent Street. Once you reach that point you level off to the finish line.