

FOR MAPS OF THE TU/TH COURSES GO TO:

<https://sites.google.com/site/tutrgroup/>

Andy's Amble – A Route – 7.82 miles

Forum - MKT Trail West
Right to Scott Blvd
Right to Rollins
Right to Fairview
Left to Chapel Hill
Right to Forum

Andy's Amble – B Route – 6.63 miles

Forum - MKT Trail West
Right to Scott Blvd
Right to Chapel Hill
Left to Cunningham
Right to Bray
Right to Fairview
Left to Chapel Hill
Right to Forum

Andy's Amble – C Route – 5.89 miles

Forum - MKT Trail West
Right to Scott Blvd
Right to Chapel Hill
Right to Forum

Dave's Devil – A Route – 6.66 miles

Forum trailhead west to Providence Rd
Right to Providence Rd
Move over to the right when you reach the Providence Rd Outer Roadway by Waffle House
Keep going South on the Outer Rd
Right to Green Meadows Rd
Right to Forum
Back to Forum trailhead

Dave's Devil – B Route – 6.0 miles

Forum trailhead west to Stadium
Right to Stadium Rd
Right to Providence Rd
Move over to the right when you reach the Providence Rd Outer Roadway by Waffle House

Keep going South on the Outer Rd
Right to Green Meadows Rd
Right to Forum
Back to Forum trailhead

Dave's Devil – C Route – 5.5 miles

Forum trailhead west to Stadium
Right to Stadium Rd
Right on Carrie Frankie Dr
Right to Reactor Park Dr
Right to Providence Outer Rd
Right to Green Meadows Rd
Right to Forum
Back to Forum trailhead

Diva Run – A Route – 7.8 miles

Forum trailhead west
Left to “flatland” and make the loop back to the parking lots
Right to Forum Blvd
Left to Green Meadows Rd
Right to Bethel St
Right to N Cedar Lake Dr
Right to Lake Valley Ln
Left to South Hampton Dr
Left to Forum Blvd
Right to Highlands Pwky
Right to Glencairn Dr
Left to Royal Lytham Dr
Right to South Hampton Dr
Left to Forum Blvd
Back to Forum trailhead

Diva Run – B Route – 6.0 miles

Forum trailhead west
Left to “flatland” and make the loop back to the parking lots
Right to Forum Blvd
Left to Green Meadows Rd
Right to Bethel St
Right to South Hampton Dr
Right to Forum Blvd
Back to Forum trailhead

Diva Run – C Route – 4.9 miles

Forum trailhead west

Left to “flatland” and make the loop back to the parking lots
Right to Forum Blvd
Left to Green Meadows Rd
Right to Bethel St
Right to Nifong Blvd
Right to Forum Blvd
Back to Forum trailhead

Don’s 3 Diner – A Route – 7.9 miles

Forum trailhead to Stadium Blvd
Left to Stadium
Right to West Blvd
Right to Stewart Rd
Left to Garth Ave
Right to Walnut St
Right to College Ave
Right to Broadway
Left to 5th St
Right to Stewart Rd
Cross Providence Rd and right to trail
Follow back to Forum Trailhead

Don’s 3 Diner – B Route – 6.9 miles

Forum trailhead to Stadium Blvd
Left to Stadium
Right to West Blvd
Right to Stewart Rd
Left to Garth Ave
Right to Walnut St
Right to 5th St
Right to Stewart Rd
Cross Providence Rd and right to trail
Follow back to Forum Trailhead

Don’s 3 Diner – C Route – 5.8 miles

Forum trailhead to Stadium Blvd
Left to Stadium
Right to West Blvd
Right to Stewart Rd
Right to Providence Rd and right to trail
Follow back to Forum Trailhead

Dreier Dirty Half Dozen – A Route – 9.2 miles

Forum Trailhead to Twin Lakes
Left to Chapel Hill Rd
Right to Fairview Rd
Right to Rollins Rd
Right to Sunset Dr
Right to West Blvd
Left to Westwinds Dr
Left to Greenwood Ave
Right to Rollins Rd
Right to Glenwood Ave
Left to Redbud Ln
Left to Edgewood Ave
Right to Lathrop Rd
Left to Garth Ave
Right to Stewart Rd
Right to Providence Rd
Right to Stadium Blvd
Left to Forum Blvd
Back to Forum Trailhead

Dreier Dirty Half Dozen – B Route – 6.3 miles

Forum Trailhead to Twin Lakes
Left to Chapel Hill Rd
Right to Fairview Rd
Right to Rollins Rd
Right to Sunset Dr
Right to West Blvd
Right to Stadium Blvd
Left to Forum Blvd
Back to Forum Trailhead

Dreier Dirty Half Dozen – C Route – 5.6 miles

Forum Trailhead to Twin Lakes
Left to Chapel Hill Rd
Right to Fairview Rd
Right to Rollins Rd
Right to Stadium Blvd
Left to Forum Blvd
Back to Forum Trailhead

Ed's Edition – A Route – 7.0 miles

Forum Trailhead West
Take path off trail going Left to Country Woods

Left to Vawter School Rd/Nifong Blvd
Left to Providence Outer Road
Left to Green Meadows Right to Forum
Back to start

Ed's Edition – B Route – 6.05 miles

Forum Trailhead West
Take path off trail going Left to Country Woods
Left to Vawter School Rd/Nifong Blvd
Left to Bethel St
Left to Green Meadows Right to Forum
Back to start

Ed's Edition – C Route – 4.74 miles

Forum Trailhead West
Take path off trail going Left to Country Woods
Left to Vawter School Rd/Nifong Blvd
Left to Forum Blvd
Back to start

Hugh's Hulen Hills – A Route – 7.0 miles

Forum Trailhead to Twin Lakes
Left to Chapel Hill Rd
Right to Fairview Rd
Right to Broadway
Right to Braemore Rd
Right to Highland Dr
Left to Fairview Rd
Left to Summit Rd
Right to Hulen Dr
Follow to Ridgefield Rd
Left to Wood Hill Rd
Right to Ridgemont Rd
Follow to High Ridge Dr
Left to Mills Dr
Right to Forum Blvd
Follow back to Trail

Hugh's Hulen Hills – B Route – 6.3 miles

Forum Trailhead to Twin Lakes
Left to Chapel Hill Rd
Right to Fairview Rd
Right to Summit Rd
Right to Hulen Dr

Follow to Ridgefield Rd
Left to Wood Hill Rd
Right to Ridgemont Rd
Follow to High Ridge Dr
Left to Mills Dr
Right to Forum Blvd
Follow back to Trail

Hugh's Hulen Hills – C Route – 5.1 miles

Forum Trailhead to Twin Lakes
Left to Chapel Hill Rd
Right to Fairview Rd
Right to Malibu
Right to Ridgefield Rd
Left to Wood Hill Rd
Right to Ridgemont Rd
Follow to High Ridge Dr
Left to Mills Dr
Right to Forum Blvd
Follow back to Trail

Jaira's Jaunt – A Route – 7.1 miles

Forum Trailhead east
Right to the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left to the outer roadway
Right back onto the MU rec trail going under Providence
Right to the bridge into the 7 Oaks Subdivision on UMC drive
Right to Campus View Dr
Left to the access road (Carter Ln) along Providence
Cross over (carefully) to Providence towards Waffle House
Right down the Outer Roadway access road
Left to Reactor Park Dr
Left to Carrie Francke Dr up the hill
Left to Stadium Blvd
Left to Forum
Follow back to Trail

Jaira's Jaunt – B Route – 6.1 miles

Forum Trailhead east
Right to the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot

Turn left to the outer roadway
Right back onto the MU rec trail going under Providence
Right to the bridge into the 7 Oaks Subdivision on UMC drive
Right to Campus View Dr
Left to the access road (Carter Ln) along Providence
Cross over (carefully) to Providence towards Waffle House
Right down the Outer Roadway access road
Proceed to take a sharp left over toward the Tennis Courts/Climbing tower and take the spur back to the Forum Trailhead

Jaira's Jaunt – C Route – 5.0 miles

Forum Trailhead east
Right to the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left to the outer roadway
Left to Reactor Park Dr
Left to Carrie Francke Dr
Left to Stadium Blvd
Left to Forum Blvd
Follow Forum back to trailhead

MKT – West – A Route – 7.8 miles

Start at Forum Trailhead
Head west out to Bridge past the 6.5 mile marker and back.

MKT – West – B Route – 6.6 miles

Start at Forum Trailhead
Head west to the 6.0 mile marker and back.

MKT – West – C Route – 5.5 miles

Start at Forum Trailhead
Head west to the 5.5 mile marker and back.

President's Hill – A Route – 7.6 miles

Start at the Forum Trailhead
Go east and turn right at the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left to the outer roadway and then right back on the MU Rec trail going under Providence

Follow until you get to Recreation Dr and go straight up President's Hill rather than following trail to the right
At the pavement make a left
Follow through parking lot
Turn left on sidewalk by Hearnese
Right to Maryland Ave
Left to Conley
Right to 6th St
Left to Stewart Rd
Left to Providence
Right to Stadium
Left to Forum
Follow back to Trail

President's Hill – B Route – 6.3 miles

Start at the Forum Trailhead
Go east and turn right at the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left on the outer roadway and then right back on the MU Rec trail going under Providence
Follow until you get to Recreation Dr and go straight up President's Hill rather than following trail to the right
At the pavement make a left
Follow through parking lot
Turn left on sidewalk by Hearnese
Follow Stadium Blvd.
Left to Forum
Follow back to Trail

President's Hill – C Route – 6.0 miles

Start at the Forum Trailhead
Go east and turn right at the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left on the outer roadway and then right back on the MU Rec trail going under Providence
Follow until you get to Recreation Dr and go straight up President's Hill rather than following trail to the right
At the pavement make a left
Follow through parking lot
Turn left on sidewalk by Hearnese
Follow Stadium Blvd.
Left to MKT
Follow back to Forum Trailhead

Rain Run – A Route – 7.4 miles

Forum Trailhead towards Providence
Left to Providence
Right to Elm
Left to 5th St
Right to Broadway
Right to College
Right to Hospital Dr
Cross Maryland and go under Stadium Tunnel
Right outside tunnel through parking lot to Stadium Blvd
Left on Forum
Return to Forum Trailhead

Rain Run – B Route – 6.6 miles

Forum Trailhead towards Providence
Left to Providence
Right to Elm
Left to 5th St
Right to Broadway
Right to 9th St
Right to Conley
Left to Maryland and go under Stadium Tunnel
Right outside tunnel through parking lot to Stadium Blvd
Left on Trail
Return to Forum Trailhead

Rain Run – C Route – 5.1 miles

Forum Trailhead towards Providence
Right to Providence
Right to Stadium Blvd
Left on Trail
Return to Forum Trailhead

Rock Quarry Mulch Pile – A Route – 7.9 miles

Forum Trailhead east
Right to the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left to the outer roadway
Right back onto the MU rec trail going under Providence
Follow trail to under Rock Quarry Rd
Over bridge and run around the mulch pile

Reverse route and return to the Forum trailhead

Rock Quarry Mulch Pile – B Route – 6.1 miles

Forum Trailhead east
Right to the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left to the outer roadway
Right back onto the MU rec trail going under Providence
Follow trail to the first bridge and turn around
Reverse route and return to the Forum trailhead

Rock Quarry Mulch Pile – C Route – 5.4 miles

Forum Trailhead east
Right to the trail spur
Follow spur to tennis courts/climbing tower
Run through the parking lot
Turn left to the outer roadway
Right back onto the MU rec trail going under Providence
Turn around at President’s Hill
Reverse route and return to the Forum trailhead

Snow Route – A/B/C Route – 6.2 miles

Forum trailhead through parking lot
Left to Forum Blvd
Right to Stadium Blvd
Right to Providence Rd
Move over to the right when you reach the Providence Rd Outer Roadway by Waffle House
Keep going South on the Outer Rd
Right to Green Meadows Rd
Right to Forum
Back to Forum trailhead

Steve’s Home Stretch - A Route - 8.5 mi

Forum Trailhead
West MKT
Right - Twin Lakes (County House Trail)
Follow to College Park Dr under Stadium
Left - Rollins
Right - Bourn

Left - Broadway
Left - Highland
Left - Fairview
Left - Rollins
Right - Hulen
Right - Ridgefield
Left - Woodhill
Right - Ridgemont
Right - County House Trail
Left MKT back to Forum

Steve's Home Stretch B - Route - 6.7 mi

Forum Trailhead
West MKT
Right - Twin Lakes (County House Trail)
Follow to College Park Dr under Stadium
Left - Rollins
Left - Bourn
Left - Vegas
Right - Yuma
Left - Woodhill
Left - Ridgemont
Right - County House Trail
Left MKT back to Forum

Steve's Home Stretch - C-Route 4.7 mi

Forum Trailhead
West MKT
Right - Twin Lakes (County House Trail)
Follow to Ridgemont & College Park Dr
Turn around and follow County House Trail
Left MKT back to Forum

Tiger Run – A Route – 7.46 miles

Trail to Flat Branch Park
5th St to Walnut to columns in front of courthouse
8th St to columns on Campus
To Tiger Statue
Maryland to under Stadium
To Don Faurot Statue
Back on Trail Spur to Forum

Tiger Run – B Route – 6.72 miles

Trail to Flat Branch Park
5th St to Walnut to columns in front of courthouse

8th St to columns on Campus
To Tiger Statue
Maryland to under Stadium
To Don Faurot Statue
Stadium to Trail back to Forum

Tiger Run – C Route – 6.18 miles

Trail to Flat Branch Park
Elm to columns on Campus
To Tiger Statue
Maryland to under Stadium
Stadium to Trail back to Forum

Tripp 10K – A Route – 6.1 miles

Forum Trailhead West
Left through parking lot to Scott Blvd
Left to Vawter School Rd/Nifong Blvd
Left to Forum Blvd
Follow back to Trail

Tripp 10K – B/C Route – 4.7 miles

Forum Trailhead West
Take path off trail going Left to Country Woods
Left to Vawter School Rd/Nifong Blvd
Left to Forum Blvd
Follow back to Trail